

HUNTER INDUSTRY, COMMUNITY, SPORTS & ENTERTAINMENT

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FACE**

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CHARITY CHALLENGE

AGL'S MAINTENANCE TEAMS AT LIDDELL AND BAYSWATER HAVE SET THEMSELVES A CHALLENGE TO RAISE \$20,000 FOR CHARITIES THIS YEAR.

BLOOMFIELD'S RENATA ROBERT'S HAS CREATED AN AMAZING PLATFORM FOR PEOPLE TO SHARE THEIR STORIES, WITH A MESSAGE AND CALL TO ACTION ON DIVERSITY AND INCLUSION IN WORKPLACES.

THEY WHO SHARE THEIR STORIES...

A call to action on DIVERSITY & INCLUSION

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**A COMMUNITY
THAT CARES**



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HERE TO ASSIST

CAN ASSIST MERRIWA IS AN ORGANISATION THAT PROVIDES PRACTICAL AND FINANCIAL SUPPORT TO CANCER PATIENTS IN MERRIWA AND SURROUNDING TOWNSHIPS.



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**CPR
COMBATS
CANCER**

CPR PLANT REPAIRS & MAINTENANCE HAVE GONE ABOVE AND BEYOND IN LOOKING AFTER THEIR EMPLOYEES AND HELPING TO RAISE AWARENESS FOR BOWEL CANCER.



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HELPING OTHERS

LEANNE FAWCETT'S PURPOSE IN LIFE IS TO HELP OTHERS AND WE SHARE HER INSPIRING STORY THAT TOOK HER ON THIS PATH.



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OPINION

WORTH CHEERING FOR

HEALTH AND SAFETY IS THE TOP PRIORITY OF THE HUNTER MINING INDUSTRY, WHICH IS WHY WE'RE WORKING CLOSELY WITH THE NSW GOVERNMENT AND OUR MEMBER COMPANIES TO MINIMISE DISRUPTION WHILE MAINTAINING SAFE WORKPLACES. WE ALSO ENCOURAGE EVERYONE TO GET VACCINATED AS SOON AS POSSIBLE.

During these challenging times it's always good to have something to cheer for. The Australian achievements at the Olympics provided this, and so have the recent performances of the Newcastle Knights.

Last month the Knights again played in their famous hi-vis mining jerseys against the Cronulla Sharks.

The narrow two-point victory was gritty and brave, and even more sweet with the team winning in the mining colours.

THE RELATIONSHIP BETWEEN OUR HARD-WORKING MINERS AND THE KNIGHTS CONTINUES TO GO FROM STRENGTH TO STRENGTH. MOST RECENTLY, NSW MINERALS COUNCIL PROUDLY ENDORSED JOSH KING FOR THE KEN STEPHEN MEDAL. THIS MEDAL RECOGNISES THE EFFORTS OF AN NRL PLAYER WHO HAS ACHIEVED ON THE FIELD AND ALSO COMMITTED TIME OFF THE FIELD TO COMMUNITY PROJECTS.

Josh is a consummate professional in training and on the field. We know from our engagement with players and the club that he is highly regarded by his teammates and management.

Josh has also made a very strong contribution off the field to the community, especially through his work with young people in regional NSW and advocating for NSW mining families.

Connor Watson from the Newcastle Knights was the 2020 winner of the NRL's Ken Stephen Medal and we know our mining families in the Hunter will be hoping Josh is awarded for his efforts on and off the field when the award is announced on Grand Final Day, Sunday 3 October.

It's celebrating the things that unite our community that will help us overcome the challenges we're facing today and in the future.

Stephen Galilee, CEO,
NSW Minerals Council

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A COMMUNITY THAT CARES

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COMMUNITY. SOMETHING
OUR INDUSTRY EXCELS AT.

Taking care of and checking in on your neighbours, your coworkers and your family is vital to ensure that we all get through this pandemic. It's been a privilege this month to share so many stories of people in our community who are going the extra mile to take care of others.

Whether it's looking after our physical wellbeing like CPR Plant Repairs, the first business to introduce free ongoing bowel cancer testing kits to their employees or providing financial assistance such as AGL's commitment to raising money for charities, a helping hand can come in many ways.

Can Assist Merriwa recently celebrated their first anniversary. This fantastic local organisation was set up by Marlene Rogers, a bowel cancer survivor who now has made it a mission to help others who are affected by cancer.

We hope to see more people follow in her footsteps and more local branches of this fantastic organisation open in our region.

OUR MENTAL WELLBEING IS SOMETHING THAT IS EXTREMELY IMPORTANT IN TODAY'S WORLD, AND WE ARE SO PROUD TO HAVE SO MANY STORIES THIS MONTH OF PEOPLE WHO ARE DOING WHAT THEY CAN TO SUPPORT PEOPLE WHO ARE DOING IT TOUGH EMOTIONALLY.

Inspired by how her own story reached the hearts and minds of others, Bloomfield's Renata Roberts has set up an amazing website, 'They Who Share Their Stories'. On it you will find real people sharing real stories in the hope to create more diversity and inclusion in our workplaces and our daily lives.

We were also privileged to speak with Leanne Fawcett this month, a former police officer who is now a counsellor. Leanne shared her own experiences in the hope that it would help others through these troubling times.

While we all are finding it difficult to be positive, have faith in knowing that we are a community that stands by each other. If you see someone who is struggling reach out and let's all get through this together.

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OPINION

MAKE YOUR CAREER IN MINING

WITH MORE CAREER PATHWAYS THAN EVER, AUSTRALIA'S WORLD-CLASS MINING INDUSTRY NEEDS MOTIVATED PEOPLE OF ALL AGES, GENDERS AND EXPERIENCE TO REMAKE THE FUTURE OF MINING.



With more than 100 careers across the mining industry, opportunities exist on mine sites, in high-tech remote mining centres, in science as well as computer laboratories – or any mix of locations, including right here in the Hunter Valley.

The MCA's new Make Your Career in Mining careers guide shows opportunities ranging from managing a team, rehabilitating mine sites, building robotics or piloting drones, engineering machinery, safeguarding native plants and animals, or tackling climate change.

Advances in technology – AI, big data, automation and connectivity – are core business for mining today.

Technology makes workplaces safer and healthier, and is enabling industry to employ more people

in roles ranging from virtual reality to mechatronics. At New Hope's Bengalla coal mine in the Hunter Valley, new employees clock hours in the simulator before they climb into the driver's seat of a 500-tonne Hitachi dump truck.

The mine site roads, stop signs and infrastructure are programmed into the simulator to provide a highly realistic safe, modern and effective training platform. Large touch-screens allow trainees to do a virtual 'walk-around' of their machines, looking for maintenance issues and learning the difference between worn and damaged parts.

The result is a workforce with improved safety and efficiency.

MINE SITES ARE ALSO USING TECHNOLOGY TO REDUCE RELIANCE ON FUEL, GENERATE

CLEANER ENERGY AND MINIMISE WATER USE AS PART OF THE INDUSTRY'S COMMITMENT TO REDUCE CARBON EMISSIONS.

Improving the environmental performance of mining extends to land management. Long before any excavation begins, mine rehabilitation is planned in consultation with local and First Nations communities.

And those whose job it is to make mining more sustainable? Environmental scientists, Indigenous engagement specialists, cultural heritage advisers, hydrogeologists, social performance advisers... mining has a career for everybody.

Demand for our minerals and metals – and highly skilled employees – will only grow. The industry added another 40,000 jobs in the past

five years and over the next couple of years aims to provide 5000 new apprenticeships.

Renewable energy is also driving demand for resources. Australia is fast becoming the supplier of choice for a low carbon future, whether it be silver, silicon and copper for solar panels, lithium for battery storage and electric vehicles, or vanadium, cobalt and rare earths for wind turbines.

So whatever your age, gender identity, cultural background, sexual orientation, physical ability or caring responsibilities, with so many jobs on offer there has never been a better time to consider a career in Australian mining!

Tania Constable
CEO, Minerals Council of Australia

FIND OUT MORE AT [MINERALS.ORG.AU/MAKE-YOUR-CAREER-MINING](https://minerals.org.au/make-your-career-mining)



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IN THE NEWS

NEWS DIRECTOR JESSICA ROUSE FROM 2HD NEWFM HAS THE LATEST NEWS STORIES

MOUNT LIABILITY

BHP now considers their Muswellbrook mine asset as a liability.

The mining giant has slashed hundreds of millions of dollars from the value of their Mount Arthur mine which in their last write down is now valued at negative \$200 million.

BHP is in the process of selling the mine; it's now being questioned whether or not the company has left it too late to try and sell the asset.

FARMERS URGED TO PREPARE EARLY

Farmers are being warned the key to getting on top of the mouse plague before Spring is to bait early.

Agriculture Minister Adam Marshall said the winter months gave farmers the reprieve they needed but they are concerned about a surge in numbers as the weather warms up.

Baiting early will help control the mouse populations before they start breeding as they'll more readily take the baits while there is less alternative food available.

Zinc phosphide is the most effective rodenticide available and the NSW Government still has rebates available which will cover 50 per cent of the cost of zinc phosphide baits up to \$10,000.

SHOWGROUNDS WILL BE READY FOR SHOW

Showgrounds in the Upper Hunter are in for a re-vamp thanks to some funding which will get them ready for events that will bring the community back together when it's safe to do so.

A new exhibition centre with tiered, covered seating and a new P-A system is in the works for Gloucester's showground

WATER PLAN FOR THE NEXT 40 YEARS

The next 40 years of water security in the Hunter has been outlined by Hunter Water in their latest draft Lower Hunter Water Security Plan.

There's a big focus on water security particularly given in the last severe drought, 2019/20 the region's water supply could have run out if there was no rainfall to break it.

There are no new dams in plan

though, instead a plan to make better use of existing dams and supporting a new pipeline connection between the Lostock and Glennies Creek Dams in the Upper Hunter, enabling transfers between the regions and effectively providing an additional supply of water for the Lower Hunter.

The \$200 million desalination plant at Belmont is a key part of the plan that would deliver 30 million litres of water a day.

LEGEN-DAIRY INMATES RESCUE UDDERLY ADORABLE CALF

Inmates at Muswellbrook's St Helier's Correctional Centre have rescued an orphan calf and now they're hand raising it.

Staff and inmates involved in the centre's cattle breeding program discovered a black Angus-cross calf shivering in a paddock while they were doing a stock check.

The calf had been abandoned, so they decided to name him Ferdinand and are now hand raising the calf until he's strong enough to go out into the paddock again.

Manager of the Business Unit at St Helier's Steven Moffitt said the calf is teaching the inmates valuable life lessons.

"It teaches them life lessons, more than just looking after a calf, it lets them see that they have self worth and they can do these sorts of things," he said.

MINES ON NOTICE FOR DUMPING TYRES

The NSW Environment Protection Authority has put mines across the state, including here in the Hunter on notice for illegally dumping tyres.

The EPA has issued Official Cautions to six open cut coal mines in the Namoi and Liverpool Plains regions after investigations into allegations of illegal receipt and burial of waste tyres initially at one open-cut mine in Namoi in June 2020.

The investigation identified six mines had buried tyres between 2014 and 2020 without the necessary licence conditions.

The EPA said they are actively engaged in both the mining and tyre recycling industries to find long term strategies for the management and safe disposal of waste tyres.



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TECH ON THE RISE

TECH COUNCIL OF AUSTRALIA LAUNCHES TO DELIVER 1 MILLION TECH WORKERS BY 2025 AND GROW THE ECONOMIC VALUE OF TECH TO \$250 BILLION, WITH NSW MINING A BIG WINNER.



TECH COUNCIL OF AUSTRALIA CEO, KATE POUNDER

The tech sector has already been critical to managing Australia's COVID-19 response. As the pandemic forced businesses and everyday Australians into lockdown, software and cloud service adoption by businesses and workers helped avoid total economic shutdown and enable critical services across major sectors.

"While we have a lot of uncertainty across the rest of the economy. Technology has succeeded despite this uncertainty. It contributed \$167bn to the economy in FY21, or 8.5% of GDP. Crucially, it is an enabler of all other sectors, helping mining, agriculture, banking, and health drive new growth and productivity."

"As we rebuild our economy in the years ahead, technology has the potential to expand and create great jobs for our kids and grandkids. Near term, by 2030, the technology sector has the potential to contribute more to GDP than either primary industries or manufacturing," Ms. Denholm said.

KATE POUNDER, CEO OF THE TECH COUNCIL, WANTS TO ENSURE ALL AUSTRALIANS ARE FULLY AWARE OF THE OPPORTUNITIES TO ACCESS JOBS IN THE SECTOR.

"The boom in tech related jobs means there are now more software engineers and developers in Australia than hairdressers, plumbers, or high school teachers. That's 1 in 16 working Australians.

"Workers in our sector can be found all across the country. Tech workers are most likely to live in Western Sydney and Melbourne's outer suburbs because of their housing affordability, with Southeast Queensland actually fastest growing area for tech jobs.

"This is especially important given the diversity of companies in the tech sector including 35,200 sole traders, 26,100 businesses with fewer than 20 employees and 100 large firms of 200+ employees," Ms Pounder said.

KEY FINDINGS FROM IN THE REPORT:

- Australian technology industry generates \$167 billion in output per year and employs 861,000 Australians.
- During the pandemic, the tech sector generated 65,000 jobs, the economy's second highest job creator behind retail.
- Since 2005, tech jobs have grown by 66%, compared to an average jobs growth rate of 27% across the economy.
- 1 in 16 working Australians are in the tech sector.
- By 2030, technology has the potential to contribute more to GDP than primary industries or manufacturing.
- Australia's technology sector has a diversity of company sizes, including 35,200 sole traders, 26,100 businesses with fewer than 20 employees, and just 100 large firms of 200+ employees.

The Australian technology industry has emerged as one of the country's most significant employers, generating \$167 billion in output per year and employing 861,000 Australians, according to new research produced by Accenture and released by the newly formed Tech Council of Australia.

Set against a backdrop of economic uncertainty, The Council, made up of 23 companies across Australia's tech sector, has formed to deliver three crucial goals for the sector. The first is to employ one million people by 2025. The second is grow the value of tech to the economy to \$250 billion by 2030. Finally, for Australia to be the best place to start and grow a global company, making sure we keep creating more jobs and opportunity right here in Australia.

IMPORTANTLY, THE ONGOING SUCCESS OF NEW SOUTH WALES CRITICAL MINING SECTOR WILL BE ENHANCED AS THE TECH INDUSTRY AND THE MINING/EXPLORATION INDUSTRIES WORK HAND IN GLOVE. ALL ASPECTS OF MINING, FROM HEALTH AND SAFETY, TO PRODUCTION EFFICIENCIES AND ENVIRONMENTAL MANAGEMENT AND REHABILITATION WILL BENEFIT FROM AUSTRALIA BECOMING A NEW GLOBAL TECH HUB.

Robyn Denholm, Chair, the Tech Council of Australia, said "with the right investment and partnership, the tech jobs opportunity can get much bigger. Since 2005, tech jobs have grown by 66%, compared to an average jobs growth rate of 27% across the economy.

"During the pandemic, the tech sector generated 65,000 jobs, one of the economy's highest job creators," she said.

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MOVING FORWARD

AMPCONTROL AND PPK MINING EQUIPMENT ANNOUNCE NEW BATTERY-ELECTRIC PERSONNEL CARRIER VEHICLE FOR THE UNDERGROUND COAL INDUSTRY.

A new agreement between two innovative Australian manufacturing and technology companies is set to deliver a range of new battery-electric vehicle (BEV) solutions for underground mining applications.

The collaboration will see the installation of the latest world-class BEV technology designed by Ampcontrol into new PPK Mining Equipment (PPKME) personnel carrier vehicles.

The companies will work together to also retrofit diesel drive trains in a range of other vehicles manufactured by PPKME, including the COALTRAM flameproof and explosion protected diesel Load Haul Dump utility vehicle.

PPKME GLOBAL HEAD OF MINING DALE MCNAMARA SAID, "THIS IS A FANTASTIC OPPORTUNITY TO COMBINE OUR RESPECTIVE INDUSTRY EXPERTISE TO INTRODUCE THE FIRST NEW AUSTRALIAN DESIGNED AND BUILT BATTERY-ELECTRIC PERSONNEL CARRIER VEHICLE FOR THE UNDERGROUND COAL INDUSTRY."

"Expanding our relationship to install Ampcontrol BEV technology into our COALTRAM utility vehicles will substantially benefit our customers and employees by developing new vehicles for all underground mines."

Ampcontrol BEV technology builds upon the company's expertise and industry reputation, centred around developing engineering solutions for use in hazardous environments, including underground coal mines.

"We are thrilled to be working with the team at PPK Mining Equipment to power their fleet of industry-renowned underground vehicles. Our new BEV technology lets our partners and customers power their existing equipment, converting from diesel to battery-electric energy, and new vehicles under development with a solution where safety and efficiency are absolutely paramount," added Ampcontrol Managing Director & CEO Rod Henderson.



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RANKO DIJKSTRA, PRINCIPAL TECHNICAL CONSULTANT, MATHWORKS AUSTRALIA

A&A

AUTOMATION AND AUTONOMY ARE TWO WORDS WE HEAR A LOT IN THE MINING INDUSTRY. TO FIND OUT WHAT'S AHEAD IN THE 'A AND A' ARENA, WE CHATTED WITH MATHWORKS AUSTRALIA'S PRINCIPAL TECHNICAL CONSULTANT, BRANKO DIJKSTRA.

First we asked Branko to simplify for those of us without his own high level of expertise, what's automation and what's autonomy? The simple answer - in automation, the machine does what you tell it to do. In autonomy, the machine is able to make some of its own decisions.

"Automation is already in all areas of mining," said Branko. "From digging coal out of the ground, processing it, shipping it, even in the planning stages. What we are now seeing is the move

towards more autonomy and this has enormous potential for the industry."

Branko said that customer demand for being better able to plan for the future is pushing the trend towards autonomy. The more we introduce autonomous processes, the more we are able to utilise the data we have, which in turn can enable us to plan better and be more productive.

"Computers have become so powerful and accessible. There is an incredible amount of data everywhere, at every level. What we need to do is use it smarter, so we can make smarter decisions," said Branko.

"Take exploration. Historically it's all been about physically gathering information and having boots on the ground. Now we have drones gathering data and in some cases being able to process the data. But we still have a long way to go in maximising how we can use the data."

AUTONOMY WILL ENABLE A COMPUTER TO PROCESS ENORMOUS AMOUNTS OF DATA, POTENTIALLY PROCESSING IN MINUTES WHAT COULD TAKE A HUMAN HUNDREDS OF YEARS. NOT ONLY THAT, BUT BY USING ALGORITHMS AND SMARTER SYSTEMS IT WILL BE ABLE TO INFER WHAT YOU NEED FROM THE DATA AND GIVE YOU ANSWERS.

"Autonomy can benefit all areas of the mining industry but where we expect to see most benefits is in predicting and forecasting. Mining has been quite conventional in this field so far with very little simulation. There's been lots of focus on measuring and reporting for the last decade, but we expect to see a trend towards more forecasting and simulation in the next decade."

But there's more to autonomy than just processing data. Autonomous vehicles with no drivers and no remote controls are already in use, which not only can increase production, but also remove operators from dangerous environments.

"There has been an immense push from the automotive industry in autonomy and mining has certainly benefited from this," said Branko. "EOMS are now under more pressure to not to just supply a machine, but to have it do more and more, such as the

ability to self-diagnose and keep itself operating at optimum capacity."

Branko said the biggest hold up in the move towards autonomy is trust and confidence to trust in the solution needs to increase. There's also long held fears, namely the loss of jobs.

"Moving towards autonomy doesn't necessarily mean a loss of jobs, but it will create different jobs. I think it will open up exciting new career avenues for workers. Many of the jobs that are replaced by both automation and autonomy are the hardest, the most dangerous and often the most monotonous jobs. Whilst these jobs might disappear, people will not, only evolve into new roles just as the way we do things evolves."

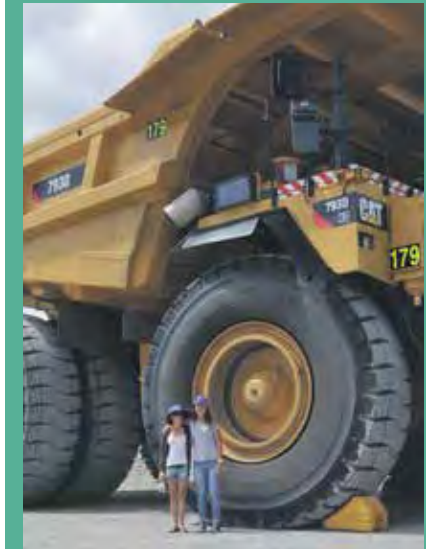
We have seen some changes in the last 10 to 15 years but Branko says we are yet to see the biggest payoffs. We've already been through one of the hardest parts which is gathering the data and we've spent a lot of time measuring and making that information available visually. Next step is looking at what is happening and making decisions. The end is when those decisions can automatically be made for us.

Of course we couldn't finish up without asking Branko his prediction for the future of artificial intelligence. He said having neural networks that can self-learn is unlikely, nor is it necessary when we are capable of self learning ourselves. So sadly, we won't be working next to the Terminator anytime soon.



WORTH THE WAIT

THE HUNTER COAL FESTIVAL HAS BEEN POSTPONED UNTIL NEXT YEAR DUE TO CONCERNS ABOUT THE ONGOING COVID-19 SITUATION.



Confirmed venues and dates for the festival's major events in 2022 are:

FRIDAY, OCTOBER 21, 2022
Careers and Innovation Expo,
TAFE NSW Muswellbrook campus

FRIDAY, OCTOBER 28, 2022
Mining Leaders Lunch,
Singleton Civic Centre
SATURDAY, OCTOBER 29, 2022
Singleton Community Day,
Singleton Showground



Organised by the Singleton Business Chamber, the festival was scheduled for October/November this year but will now be held in October 2022.

Singleton Business Chamber Sue Gilroy said the decision to postpone the festival again was difficult but necessary.

"We are sorry to have to postpone the events again but after much consultation with sponsors and other partners, we decided the safest course of action is to delay the festival events until the Covid situation is under better control," Ms Gilroy said.

"The current unpredictable Covid situation posed a very real risk to the events. Future snap lockdowns could have forced cancellation weeks or days before the events were to take place.

"Even before the current Hunter lockdown, Covid regulations in place would have also greatly limited the scope of festival events."

Organisers also opted to move the festival to October instead of early 2022 to give more time for Covid mitigation measures to be put in place to allow a bigger and better festival.

"Essentially, we decided it was better to be 'safe than sorry again'," Ms Gilroy said.

"PLANNING AND ORGANISATION FOR THE FESTIVAL WAS WELL UNDERWAY BUT ALL OF THE PLANS ARE TRANSFERABLE TO 2022," MS GILROY SAID. "AND WE WILL CONTINUE TO WORK TO MAKE THE 2022 FESTIVAL BIGGER AND BETTER THAN EVER."

Ms Gilroy said the festival's sponsors and partners had been very supportive of the decision to postpone and had pledged their on-going support.

"We are very fortunate to have fantastic support from our sponsors and we are very grateful," she said. "We are very much looking forward to celebrating with sponsors, partners and the community in 2022."



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BEST UNDER PRESSURE

So I got a phone call this morning and the caller said: "I understand from your ad that you are selling a Python, is it big?" "Sure is," I replied. "Great!" he said with huge enthusiasm, "How many feet?" "None," I replied, "it's a snake."

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MODEL REHABILITATION

THE MINERALS COUNCIL OF AUSTRALIA IS CONTINUING TO BUILD AWARENESS OF THE GREAT WORK DONE BY ITS MEMBER COMPANIES TO MAKE LAND AVAILABLE FOR OTHER USES AFTER MINING ENDS.

It's targeting younger Australians and showing them how mining and farming work together with the launch of the latest phase of its More to Mining campaign on mine rehabilitation.

Filmed at Anglo American's Dawson Mine in Central Queensland, the new phase of the campaign shows that mining companies understand that land rehabilitation is fundamental to responsible mining.

PLANNING FOR REHABILITATION TAKES PLACE LONG BEFORE MINING COMMENCES, AND REHABILITATION IS UNDERTAKEN PROGRESSIVELY DURING THE LIFE OF A MINE WHEREVER PRACTICAL.

MCA CEO Tania Constable said planning for rehabilitation takes place long before mining

starts and Dawson is an outstanding example of best practice mine rehabilitation.

CEO of Anglo American's Metallurgical Coal business, Tyler Mitchelson, said the company was committed to ensuring that after mining, land was rehabilitated to provide ongoing value to communities.

"We invest in innovative approaches to rehabilitate land, and we completed more than 400 hectares across our two open cut Australian sites last year," Tyler said.

"Under our Sustainable Mining Plan we direct our efforts to making sure that not only do we minimise impact, but that we seek to deliver positive and lasting environmental outcomes."

The advertisement features a 165-hectare recently



rehabilitated site at Dawson Mine, currently used by local cattle graziers. During the rehabilitation process, a dam was repurposed to provide water for stock, and cattle grazing trials resulted in strong weight gain.

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NEWCASTLE MINES RESCUE STATION IS TAKING EXPRESSIONS OF INTEREST FOR THE 2022 INTAKE OF RII40420 - CERTIFICATE IV IN UNDERGROUND COAL OPERATIONS (DEPUTY) AND RII50920 - DIPLOMA OF UNDERGROUND COAL MINING MANAGEMENT (UNDERMANAGER) COURSES.

Darren Parker, Regional Manager Mines Rescue, said that the courses are suited to those already employed in the industry who have underground mining experience. "There are no formal pre-requisites to enrol. Students in the deputy course are often those with some underground experience who

want to step up into a supervisory position, while those interested in the undermanager's course are often already deputies or supervisors who are looking for more responsibility," he explained.

In the NSW mining industry, the safety-critical roles of deputy and undermanager are statutory positions under the Work Health and Safety (Mines & Petroleum Sites) Regulation 2014 and are regulated by the NSW Resources Regulator.

"The courses cover a wide range of subjects to help students apply the theoretical and practical knowledge to critical tasks that they would be expected to carry out in those roles. For example, carry out risk assessments or understanding and implementing the safety management system."

ALL MINES RESCUE TRAINERS HAVE COME FROM THE MINING INDUSTRY, AND THOSE WHO TEACH THE DEPUTY AND UNDERMANAGER COURSES HAVE HELD THE EQUIVALENT STATUTORY ROLES THEMSELVES. THEY ALSO HAVE ACCESS TO LARGE NETWORK OF OTHER INDUSTRY EXPERTS RELATING TO THE MANY COURSES DELIVERED. STUDENTS ARE ABLE TO DRAW ON THE INVALUABLE KNOWLEDGE OF TRAINERS TO SUPPORT THEIR LEARNING.

"The real-world experience and examples that our trainers bring to the course help bring the different components to life. Our training facilities include an underground training gallery and VR simulators which also allow us to demonstrate and perform practical exercises in a safe, controlled environment. Together these elements enhance the



overall learning experience." Once they have gained the Certificate IV or Diploma qualification and have the relevant industry experience, students are eligible to submit an application to sit the written exam for a certificate of competence and practising certificate issued by the NSW Resources Regulator.

IF YOU ARE INTERESTED IN LEARNING MORE ABOUT THE DEPUTY OR UNDERMANAGER COURSES NEWCASTLE MINES RESCUE IS HOSTING AN INFORMATION SESSION AT 10.30AM ON FRIDAY 3 DECEMBER 2021. CALL (02) 4922 4400 OR EMAIL NMRS@RESCUE.COALSERVICES.COM.AU

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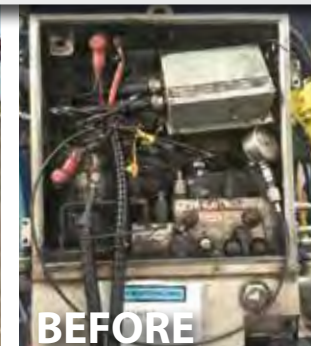
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OPINION GOVERNMENT BLOCKS PATHWAYS FOR CASUALS' JUSTICE

CASUAL MINERS IN OUR REGION AND ACROSS THE NATION HAVE HAD THEIR HOPES FOR JUSTICE DASHED AFTER A DECISION BY THE HIGH COURT LAST MONTH.

The judgment in the WorkPac v Rossato appeal, along with new casual laws passed by the Morrison Government with One Nation's support, mean our union has had no option but to discontinue class action proceedings against labour hire company WorkPac.

We estimated that the 900 eligible members who registered to participate in our class action were owed at least \$16 million in entitlements. The action would have paved the way for claims by other groups of current and former casual coal miners.

However, the law has now been purposely changed on a retrospective basis to stop casual mineworkers from claiming entitlements. The changes mean our class action would have no realistic chance of success.

The High Court decision on 4 August was a very conservative judgment which would back important wins for casuals established in Federal Court, initially in the WorkPac v Skene matter initiated by our union.

The High Court judges ruled against the commonsense definition of casual established in Skene, which said that you weren't a genuine casual if your work arrangements were permanent and on-going in nature. This opened up the opportunity for casual miners to claim unpaid entitlements and it sent employers into a frenzy.

The Morrison Government intervened in WorkPac's High Court Appeal on the side of employers, arguing that casuals exploited in long-term ongoing jobs should not be able to claim compensation for lost entitlements.

While the High Court decision was deeply disappointing for coal miners desperate for change, the impact of the High Court decision was overshadowed by legislation already passed by the Morrison Government at employers' behest in March.

The legislation, passed with One Nation's support in the stripped back IR Omnibus Bill, had already embedded an unfair definition of casual in the

Fair Work Act and effectively blocked pathways to casual mineworkers for compensation. This definition of casual passed into law by the Morrison Government and confirmed by the High Court now says that if your letter of offer or contract of employment describes you as a casual, you are a casual at law.

THE UNION HAS FOUGHT THE 'PERMANENT CASUAL RORT' IN THE COURTS FOR MORE THAN 15 YEARS. THE FIRST CASE WE RAN WAS ON BEHALF OF MEMBERS AT HUNTER VALLEY OPERATIONS IN THE MID-2000S - AT LEAST A DECADE BEFORE THE GAME-CHANGING SKENE DECISION.

We have succeeded at every step, except at the level of the High Court and the current LNP Government.

When the employers and Morrison Government didn't like the implications of our legal victories, they simply got together and changed the law.

This means that our only hope of

securing justice for casual miners now is to change the Government. I encourage everyone associated with the coal industry to look at what their political representatives are offering when it comes to 'same job same pay' for labour hire workers and a real plan for ending casual exploitation.

In other matters, September is an important month for our union. The second Sunday in September is traditionally when we hold our annual Memorial Day to honour lives lost in mining. Unfortunately, for the second year in a row, we have had to postpone this event due to COVID restrictions. We are working towards holding an event in November.

In the meantime, our thoughts will be with the bereaved families who have lost a loved one in the coal mining industry and we will recommit ourselves to making safety our highest priority.

Peter Jordan, CFMEU Northern Mining and NSW Energy District President



FINGERS CROSSED FOR FORUM!

THE UPPER HUNTER MINING DIALOGUE IS CONTINUING TO PLAN ITS COMMUNITY FORUM IN NOVEMBER WHILE KEEPING A WATCHFUL EYE ON THE COVID SITUATION.

Scheduled for Tuesday, November 23 at the Muswellbrook Race Club, the forum brings together a collaboration of representatives of the mining industry, government and the Upper Hunter community.

The Dialogue stresses the forum will only proceed if it is safe to do so and consultation with the Dialogue's partners is ongoing as part of the planning process. If the Covid risk and restrictions hamper a successful staging of the forum, the event will be moved to next year.

Planning for the event is based on Covid restrictions relaxing to pre-June levels to allow the forum to proceed. The Dialogue will develop Covid-Safe plans to suit restrictions in place in November.

THE FORUM IS A VERY IMPORTANT EVENT IN THE DIALOGUE CALENDAR, IT ALLOWS THE DIALOGUE'S PARTNERS - FROM MINING, GOVERNMENT AND COMMUNITY - TO NETWORK



AND IDENTIFY ANY ISSUES THAT NEED TO BE ADDRESSED COLLABORATIVELY. THE DIALOGUE WILL LIAISE CLOSELY WITH ALL OF ITS PARTNERS IN THE LEAD UP TO THE PROPOSED FORUM.

Meanwhile remaining tours in the Dialogue's School Mine Tours Program have been "parked up" due to Covid restrictions on entry to mine sites and NSW Health limits on school excursions. Ten tours were scheduled for September to conclude the 2021 program which had completed 21 tours by June with 615 students visiting Upper Hunter mines.

In the face of Covid, Dialogue meetings are being held online and other Dialogue projects are continuing and annual findings are expected to be published soon

from the Water Accounting Framework Project and the Rehabilitation Principles and Commitments Project.

The Rehabilitation Principles and Commitments Project data is collated annually by the Dialogue and measures rehabilitation of mined land compared to how much land was disturbed by mining each year. The project commenced in 2012 and with this year's release will include nine years of rehabilitation data.

The Water Accounting Framework was started in 2014 and will provide seven years of data primarily tracking water extraction from the Upper Hunter region of the Hunter River including usage by the mining industry, agriculture, other industries and residential use.

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LEARN FROM THE LAWMAN

STUART BARNETT IS OUR MINING INDUSTRY'S LEADING PERSONAL INJURY LAWYER. THIS MONTH HE HAS SOME IMPORTANT ADVICE IN RELATION TO REVIEWING YOUR POWER OF ATTORNEY AND ENDURING GUARDIANSHIP AND YOUR FAMILIES NEED FOR THEM.

In the last article I talked about the need to review your Will and suggested that the new financial year was a good time to conduct such a review. A similar review should be made of your Power of Attorney and Enduring Guardianship. Not only should you review both you and your partners documents and needs you should also be thinking about your wider family, for example your parents.

In many cases a year or perhaps many years have gone by since you gave the issue any thought. Firstly, if you do not have a Power of Attorney or Enduring Guardianship, is it time to have one prepared? Age, injury or disease sometimes render you unable to manage your financial affairs or health needs. Alternatively, perhaps you are approaching retirement and want to get your paperwork tidied up so you can enjoy retirement.

Once you have considered your needs, consider the needs of your partner and immediate family. Then consider your parents or other members of the family with whom you have a close relationship. Perhaps in recent times they have become ill or are they developing issues to do with their age? It's possible that they, or you, have not noticed the deterioration in their physical or mental health. Sometimes when a person loses their facilities the changes are subtle until one day a more dramatic change is noticed, or something happens that brings it to your attention. There is always a danger that by the time you notice it's too late to have the documents executed.

THE OTHER ELEMENT TO CONSIDER IS, ARE THE PERSON OR PERSONS WHO YOU PREVIOUS APPOINTED STILL APPROPRIATE? YOUR CIRCUMSTANCES MAY HAVE CHANGED OR PERHAPS THEY ARE NO LONGER CLOSE FAMILY OR FRIENDS, OR THEY MAY HAVE DEVELOPED THEIR OWN HEALTH ISSUES OR EVEN PASSED AWAY.

By way of a reminder, A Power of Attorney allows you to appoint a person or persons to manage your financial affairs on your behalf. An Enduring Guardianship allows you to appoint a person or persons to manage your lifestyle medical and general health when you are unable to do so yourself.

Rather than for health reasons, you may need to execute a Power of Attorney for practical or business reasons, for example you may appoint a person, known as your attorney for a specific task or period. For example, you are going on an overseas holiday and you know that there will be documents to sign while you are away.

Your Power of Attorney and Enduring Guardianship are very important documents and should be reviewed regularly and certainly when circumstances change.



This is general advice and because your individual circumstances will vary, I recommend seeking out specific advice for your needs.

**STUART BARNETT,
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THE TOP 5 PROBLEMS IN SAFETY MANAGEMENT TODAY (AND HOW TO FIX THEM)

HEALTH AND SAFETY MANAGEMENT HAS NEVER BEEN MORE FRONT OF MIND GLOBALLY THAN IT IS TODAY. WHILE PUBLIC HEALTH CONCERNS SURROUNDING COVID-19 DOMINATE COMMUNITY AND ORGANISATIONAL ATTENTION, WORKPLACE SAFETY MANAGEMENT OVER THE LAST DECADE HAS EVOLVED IN A CONCERNING WAY.

Shareholders, Directors and Senior Executives continually increase their attention, ambition, and resource allocation for safety. Yet despite this, serious injury and fatality rates globally are showing few signs of reducing – in fact, in some companies, countries, and industries fatality rates have actually been increasing in recent years. This situation suggests that the increased complexity and risk in our modern organisations is not being equally matched by an increase in capability to manage safety.

There are five key problems with the way that many organisations are managing safety today:

1) SAFETY CULTURE: The over-riding focus on safety culture leads organisations to focus more on how much individual workers care about safety, rather than focusing organisational resources on understanding and improving the conditions surrounding the work to manage tangible risks. Safety is an emergent property of the system of work, such that to improve safety, we need to focus on systemically improving the core work activities - not the attitudes of individuals.

2) SAFETY PERFORMANCE MEASURES: An exclusive focus on measuring the workplace injuries that occur, which are often minor compared with the serious risks that workers face, pushes resources towards reacting to minor problems rather than proactively focusing on material risk reduction. While the

statistical invalidity of injury rates and the disconnect between these rates and fatality risks has been extensively proven and documented, organisations have not moved on from relying on dangerous assumptions about what this data means for the current state of safety.

3) SAFETY WORK: Investing in safety work activities, inspections, audits, investigations, training, and risk assessments are often nothing more than a 'tick and flick' exercise that leads to safety clutter and disempowerment. At worst, it creates the illusion of safety management that makes organisations less safe. The irony with much of the safety work activity that occurs within organisations is that it's not driven by regulations, does not materially contribute to the safety of work, and in fact may make work less safe through introducing productivity pressure, disengagement, siloed communication, and a skewed perception of safety.

4) SAFETY COMMUNICATION: Top down, broadcast style communication in organisations, including generic messages and platitudes suppress the flow of information from the frontline to the people in the organisation with decision-making authority. The people in the organisation with the knowledge on how to improve safety don't have the power to do so, and the people with the power do not have the frontline knowledge of what is best to do.

5) SAFETY PROFESSIONALS: Safety managers and officers in organisations spend time on administrative tasks that make managers in the organisations feel safe, without having any impact on how safe frontline workers are. Safety professionals are rarely involved in the strategic and operational decisions that have the most impact on creating the conditions for safety or reducing incidents within the organisation.

THERE IS CLEAR PATHWAY FOR ORGANISATIONS TO ADDRESS THESE FIVE PROBLEMS WITH SAFETY MANAGEMENT TODAY, ALTHOUGH THIS REQUIRES A SIGNIFICANT DEPARTURE FROM THE CURRENT THINKING ABOUT SAFETY. THE FOLLOWING THREE-POINT PLAN PROVIDES A STARTING POINT FOR SENIOR MANAGERS AND SAFETY PROFESSIONALS WITHIN ORGANISATIONS TO REVIEW THEIR SAFETY MANAGEMENT APPROACH:

1) Focus on how work is done, and not on the attitudes of workers or safety processes;



2) Understand the serious injury risks and build the psychological safety to communicate about their status openly and continually; and

3) Re-design the role of safety professionals so they can proactively lead material risk reduction efforts.

**David Provan
Managing Director, Forge Works**

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OPINION

CARBON CAPTURE CRITICS PUT IDEOLOGY BEFORE COOLING THE PLANET

NEXT MONTH MARKS THE 25TH ANNIVERSARY OF THE SLEIPNER GASFIELD'S CARBON CAPTURE AND STORAGE PROJECT. EACH YEAR THE NORTH SEA PROJECT CONTINUES TO SCRUB A MILLION TONNES OF CARBON FROM THE GAS IT PRODUCES. THAT CARBON IS THEN INJECTED INTO GEOLOGICAL FORMATIONS 1000 METRES UNDER THE SEABED, WHERE IT WILL REMAIN.

Around the world there are 65 commercial CCS projects in various stages of development. Globally, carbon capture and storage capacity has increased by 33 per cent in the past two years.

Over the same period, the Gorgon gas project's operators have injected 5 million tonnes of CO2 into geological formations two kilometres under Western Australia's Barrow Island. Their target now is to store 4 million tonnes annually.

In Victoria, the Hydrogen Energy Supply Chain (HESC) pilot project is converting brown coal to hydrogen gas. Alongside HESC, the CarbonNet project plans to inject the CO2 extracted from the coal into rock formations 1.5 kilometres below Bass Strait.

If commercialised, the La Trobe Valley project could store the CO2 equivalent of the emissions of one million cars annually for 25 years. The CarbonNet project was established and funded in 2009 by Labor governments in Canberra and Victoria. That partnership continues and a number of Japanese companies are investing in the project, hoping to liquefy and ship the hydrogen to Japanese consumers.

In Queensland, the Carbon Transport and Storage Company holds sparse tenements of land under which the right geological conditions exist for the safe storage of carbon. The company plans to take large amounts of CO2 from several existing coal-fired electricity generators and other industrial processes.

The project could extend the lives of Queensland's three youngest generators beyond 2050, providing the baseload power we need to keep the electricity grid stable and to accommodate more variable electricity from renewable sources. But sadly, these projects do not enjoy universal support.

TO BE TAKEN SERIOUSLY, CLIMATE CHANGE ACTIVISTS NEED TO JETTISON THEIR FUNDAMENTALISM.

Those who march, rally, tweet, and argue for an early end to fossil fuel use fall into one of two categories. People in the first group are primarily concerned about carbon emissions and their impact on our climate.

Those in the second group want to stop the extraction of oil, gas, and coal, even if the carbon can be

removed, safely buried, or indeed turned into a product with value. It seems that for this latter group, the anti-fossil fuel campaign is more about ideology than our weather patterns.

To mask their ideological opposition, anti-fossil fuel campaigners pretend CCS doesn't work. In doing so they ignore both the science and the progress being made on the technology front.

The Climate Council says CCS is "unproven and expensive". Not one project, it says, has "been delivered on time, on budget, or to global performance", whatever that means. This is the mantra of the excessive progressives.

Yet it is obvious that fast-growing developing countries, and indeed developed nations, will be consuming coal and gas for decades to come. Only by deploying CCS and other low-emission technologies can we hope to achieve our global emissions reduction ambitions.

Further, the idea we should only embrace the lowest-cost technologies ignores the broader socioeconomic costs of writing off fossil fuel energy sources. These arguments come from the same people who ad nauseam remind us that the cost of producing renewable energy continues to fall. Yet they refuse to recognise that can also be true for low-emission technologies. It's an obvious inconsistency.

Wind, solar and battery storage are great technologies. But they are not alone capable of providing the solution, not in the foreseeable future at least. Nor can a single focus on the electricity generation system.

TO BE SERIOUS ABOUT REDUCING EMISSIONS, WE MUST ADDRESS THE WHOLE ENERGY SYSTEM, 90 PER CENT OF WHICH IS FOSSIL FUEL BASED. WE CAN'T RUN A PASSENGER JET ON BATTERIES. WE CAN'T POWER ALUMINIUM SMELTERS WITH WIND TURBINES OR SOLAR PANELS.

We can, though, power aircraft and industry with decarbonised coal and gas. We can also export both blue (coal or gas-based) and green hydrogen to our northern neighbours.

Our large reserves of coal and gas, our abundance of land, and our plentiful sunshine and wind provide us with a competitive advantage in both products. We can blend the less expensive blue hydrogen with green hydrogen to keep the price down. Over time the blend ratio can change in favour of the green product.

For many years governments around the world have established various entities to help renewable technologies jump investment hurdles and to capture positive externalities. These "green banks" have met with significant success, including in Australia.

To meet with further success, governments will need to provide similar levels of support for all low-emission technologies. To be taken seriously, climate change activists need to jettison their fundamentalism and express support for every effort and every mechanism available to reduce greenhouse gas emissions.

**Hon Joel Fitzgibbon MP
Federal Member for Hunter**

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HAVIN’ A CRACK

MITCH KELLY, 31-YEAR-OLD HUNTER VALLEY HAUL TRUCK OPERATOR, STARTED USING HIS SPARE TIME BY HAVING A CRACK AT HIS OWN PODCAST AND NOW WITH OVER 40,000 VIEWS HAS BECOME A BIT OF A LOCAL CELEBRITY.



Described by many as ‘two people having a coffee’ or ‘two blokes having a beer’, Life’s a Mitch Podcast combines humour with real societal issues with one focus in mind – to entertain people and shine a light on those who don’t ordinarily have a chance to tell their stories.

Like many of us Mitch found some spare time on his hands during the Covid pandemic and wanted to make something of it, starting his own podcast from humble beginnings in March this year.

Born in West Wallsend and now living in Kurri Kurri for his work in the Hunter Valley mining industry, Mitch has been working in and around the mines for 4 and a half years and has always had a knack for talking to people and making people laugh. “With everything going on with Covid, I had a bit of extra time,” said Mitch.

“I’ve always aspired to do something like this and entertain people because at the end of the day, I must admit I do enjoy the

limelight,” he added cheekily. “Speaking to people is something I’m good at, so I thought why not try to make something of it.”

AND MAKE SOMETHING OF IT HE DID, WITH HIS PODCAST RECENTLY CLICKING OVER 40,000 VIEWS IN JUST 5 MONTHS. MITCH HAS TOPPED APPLE CHARTS HITTING NUMBER 3 ON SPOTIFY IN AUSTRALIA AND IN THE US AND UK MADE IT INTO THE TOP 20 FOR A TIME. “IT’S PRETTY AMAZING TO HIT THE CHARTS WITHIN THREE MONTHS, I WAS PRETTY HAPPY WITH THAT,” SAID MITCH.

It all started when Mitch appeared on a television game show called Mastermind, a quiz show hosted by the famous Marc Fennell. Donning a Scrubs onesie from his favourite TV show Scrubs, Mitch’s appearance on the show was released in a Mastermind promo video that soon went viral with around half a million views across all social medias. Soon after Mitch had Marc

Fennell on Life’s a Mitch Podcast as a guest speaker.

The promo video had been seen by that many people that the producers of the Scrubs podcast, Fake Doctors, Real Friends with Zach and Donald also asked Mitch on as a guest speaker. “I was able to meet Turk (played by Zach Braff) and JD (played by Donald Faison) from the hit TV show Scrubs, make them laugh and since then I’ve had a lot of cool guests and have featured on some other fantastic podcasts,” said Mitch.

“Part of me always wanted to see if I could get some celebrity speakers involved, but the main idea has always been to entertain people and try and get a few people to laugh.”

Mitch’s episodes are done in a way that’s unscripted, regularly meeting his guests at the same time as the listener. By simply asking his guests what they’re about, who they are, give them the opportunity to share their story and at the end even plugging some of their businesses, each episode results in a laidback conversation sometimes full of laughs, sometimes covering raw and real topics that pull at the heart strings and sometimes a mix of the two. Mitch said, “It’s all about cross collaborating and I think so far it’s gone well.”

LIFE’S A MITCH PODCAST HAS COVERED TOPICS ABOUT MENTAL ILLNESS, FORCED ARRANGED MARRIAGES, COMEDY, BEING ON THE SPECTRUM, DOMESTIC

VIOLENCE, HATRED, BIGOTRY, THE LGBTQIA+ COMMUNITY AND HEALTH, TO NAME A FEW. WITH AROUND 40 EPISODES RELEASED SO FAR, THERE’S SURE TO BE AT LEAST A COUPLE OF EPISODES THAT ALL VIEWERS CAN RELATE TO.

Being from the mining industry, Mitch has also covered topics on open cut and underground mining and some of the key differences between the two, shift work and lifestyle. “I’ve heard some amazing stories and that’s what it’s all about,” said Mitch.

“I’m open to any topic; if people have a story to share and are kind enough to give me their time, with time being the one currency you can’t give back, I’ll definitely put them on an episode and share their story.”

The one consistent thing in Mitch’s episodes is a segment called Having a Bitchy with Mitchy, where Mitch and his guest speaker/s have a good old whinge, whine, sook about whatever’s ailing them, always finishing off the episode with a laugh.

Mitch will be doing regular episodes every Friday with additional celebrity episodes here and there as bonus content. “Anyone who wants to share their story are more than welcome to get in touch with me,” Mitch concluded.

“If anyone wants to have a giggle and have a listen to a bloke havin’ a crack, trying to make his way in the world then be sure to check it out.”



YOU MIGHT ALREADY KNOW LEANNE FAWCETT. PERHAPS SHE VISITED YOUR SITE OR YOUR WORKSHOP OR YOUR OFFICE THROUGH THE WORK SHE DOES THROUGH THE EASA EMPLOYEE ASSISTANCE PROGRAM. IF YOU HAVEN’T BEEN FORTUNATE ENOUGH TO MEET LEANNE, THEN WE INVITE YOU NOW TO HEAR THE STORY OF A WOMAN WHO HAS MADE IT HER PURPOSE IN LIFE TO HELP OTHERS.

Leanne is there when you need someone to talk to, she’s a qualified counsellor whose passion is helping people overcome whatever they may be struggling through. Just as she herself has had to overcome her own struggles. For 23 years Leanne was a police officer, working in some of the toughest and most notorious areas of Sydney, witness to some of the very best and some of the very worst of humanity.

By 2010, Leanne was a Police Inspector, her career on a promising trajectory, except for one thing. Leanne was diagnosed with Post Traumatic Stress Disorder, something that is unfortunately very common for police officers.

“It’s an incredibly confronting job,” shared Leanne. “Everything you experience has a cumulative effect and you often don’t acknowledge at the time how traumatic some of your experiences are. Working in areas of sexual assault and child abuse can be so distressing, but you have to put your own emotions

aside. It eventually builds and builds and that’s why so many members of the police force suffer from mental health issues, or even more tragically, take their own lives.” Deciding that she could no longer work in the police force, Leanne needed a new purpose. She undertook a graduate degree in Counselling and while she was learning how to help others, she was also learning how to accept and work through her own struggles.

During the next decade, Leanne spent time in different parts of Australia, plunging herself into her new role as a counsellor and using her own experiences to help other people.

Then a couple of years ago Leanne decided it was time to find a new place to call home. Although her five grown children and grandchild all live in Sydney, Leanne wanted to settle somewhere different. She recalls how she fondly remembered the time she lived in Singleton as a child when her father who was in the Army was based at

the Singleton barracks. “I had some great memories of attending King Street Public School, riding my bike through Burdekin Park, and I just remembered this great sense of community.

“I must admit though it’s certainly changed a lot since, especially in size. However, when I moved here I still found it to be a place that I felt an immediate connection to.”

Nowadays you will find Leanne working in our area providing all types of counselling. Whether thorough the EASA employee assistance program that perhaps your workplace uses, or through her private counselling business, Infinity Counselling Service, she’s there to help you, providing all types of counselling from grief to relationships to anxiety to depression. But Leanne said it’s trauma and those suffering from PTSD that has become her real specialty, no doubt because her own journey taught her more than a textbook ever could.

“I want to make a difference. If by sharing my story it can help others, then I’m happy to do that. I’m still triggered by memories of my own trauma that will probably never stop haunting me. But I’ve learnt how to manage it. Sharing your experiences can be one of the best ways to help you learn to accept them and to live with them.

“I’ve had so many clients say to me that ‘you get it’. While I don’t share my story with people that I’m counselling, I do believe that own experience allows me to connect with them and better understand what they’re going through.

“COUNSELLORS ARE HERE TO ACCEPT YOU AND TO NOT JUDGE YOU. THERE’S NOTHING YOU NEED TO BE EMBARRASSED ABOUT AND THERE WILL NEVER BE ANY REPERCUSSIONS IN SHARING. KEEPING THINGS BOTTLED UP IS NEVER THE ANSWER. IT’S OUR JOB TO HELP YOU RECOGNISE UNHELPFUL THOUGHT PATTERNS AND PERHAPS SHOW YOU A DIFFERENT PERSPECTIVE. ABOVE ALL, IT’S ABOUT PROVIDING A SAFE SPACE TO SHARE.”

Leanne said now more than ever it’s important we have safe spaces to share. In her experience, last year Covid wasn’t affecting people as much as it is this time around. While

people were impacted financially, worried about work, scared for their families and their own safety, it was the thought that we would pass through to the other side that she believes is what kept people strong. Unfortunately, Leanne is seeing this time around it’s having a more serious impact.

“All aspects of people’s lives are being affected; financial, socially, physically, emotionally. What I hope is that people who are struggling ask for help. Even just the other day despite all that we now know about mental health, I heard someone say you just need to ‘harden up’. It made me so angry. Things like that are the reason why so many people are reluctant to ask for help.

“If your life is being impacted, whether it’s not sleeping well, not eating, struggling at work, having difficulty at home, basically any variation from what’s normal for you that continues for more than a couple of weeks, I implore you to ask for help. Whether it’s a counsellor, a coworker, a friend, or your family. Sharing will only make you stronger and better able to handle what you are going through.”

As for Leanne, her own journey continues. She’s currently studying a Psychology degree at it will allow her to offer her services to people who can’t access the services of a Counsellor. And she will continue to learn all she can so she can pass that knowledge along to others.

LIFE’S A MITCH PODCAST CAN BE STREAMED ON A NUMBER OF PLATFORMS, VISIT [HTTPS://LIFESAMITCHPODCAST.COM/](https://lifesamitchpodcast.com/).

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THE HEDWELD TEAM IN THEIR MHF BEANIES.



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Limit of one entry per person. By submitting an entry, you consent to the use of your contact details for promotional and marketing purposes.

Tell us about the business?

At Hedweld we design and manufacture two unique and specialised product lines for mining; Trilift® component handling equipment and Safe-Away® access systems. We also have our own agricultural innovations under the Milbrotec® brand and provide advanced manufacturing solutions to other Australian manufacturers.

How long have you been doing business?

Hedweld was established in 1980.

How many people work for the business?

Hedweld currently employs 65 people and also we host 15 trainees and apprentices. Hedweld USA Inc. include 3 staff in Twin Falls, Idaho USA.

Describe a typical day at 'The office'.

Our facilities in Mt Thorley, NSW open at 6.30am. Safety is very important, so each day is kicked off with a Toolbox Talk. The sheet metal

shop bends plate, the CNC and plasma cutters spring into life, the fabrication workshop thrums to the sound of grinders, welders and boilermakers singing along with the radio. Out the back we have the blast and paint booths and our 2 assembly areas piece together all the products coming through production. Across the road are our stores where deliveries and collections happen all day. We have hundreds of domestic customers and export to 35 countries, so we are busy each day making and dispatching products and spare parts. At the moment we are flat out with orders from overseas, which we appreciate is a great problem to have, so we are running some overtime shifts, but usually our day ends at 4.30pm.

What's the best thing about the business?

Hedweld's Trilift® and Safe-Away® products are more efficient and can reduce injuries and save lives. It makes us all very proud to break into markets that for years have stuck with handling components using old 'traditional' methods. The best thing is when our new customers get back to us and say that they should have changed their methods years earlier.

The worst thing?

The worst thing is the foreboding we feel when we quote a customer for our equipment with no immediate sale. Then unfortunately when an incident occurs, we get a purchase order. We dislike hearing about safety incidents that can be prevented and want to work closely with our industry to ensure everybody goes home safe at the end of each day.

What are the biggest challenges facing your business?

The biggest challenge we are currently facing is not being able to travel due to COVID-19. This is impacting our training and commissioning processes and means that we have had to pivot to online training. We can't get to Expos, like MINExpo or even AgQuip so have had to get creative with how we promote our products.

What is the biggest opportunity for your business right now?

We have a great plan in place to set up an agent in Russia that will also look after other countries in that region. We are looking forward to expanding our market share there.

What is the business most proud of?

Hedweld is proud to be an Australian regional manufacturer but what we are most proud of is our people. We have a great diversity of ages, genders, nationalities, backgrounds and skills. With this team we are able to take a product from an idea right through to commercialisation, distribution and post-sale support.

Community or other causes close to its heart and values?

Hedweld has a clearly defined Corporate Social Responsibility (CSR)

program. We support 3 main groups: our staff, our communities and our industries when in pursuit of personal or team excellence. This includes supporting the Hunter Manufacturing Awards, Make-A-Wish Kids Christmas party in Mackay, Singleton Rugby & Pony Clubs, Bengalla Golf Days, the Taree hay run and the Variety Postie Bike Dash. Hedweld have also been a long-time sponsor of the Milbrodale Mountain Classic and this year, alongside HunterNet Group Training, we purchased all our employees and apprentices MHF beanies.

Any funny or heartwarming stories to share?

Back in the days when we could do face-to-face training, our trainer Bernardo travelled to Mozambique. Google Maps told him the shortest route to the mine which took him over a bridge. He was stopped on the bridge by heavily armed police but he didn't know why. They took his passport and disappeared. He nervously waited for them to return and when they did 10 minutes later, they asked, "so what have you got in the car?" Ahhh, Bernardo thought. He had the equivalent of \$10USD and 3 Hedweld gift caps which he promptly handed over. They then let him through. For the next 2 days of training, he waved to the cap wearing police on his way through to site. Here's to the power of promo items!

Any employees that deserve a shout out?

We want to say a big thanks to all of the team at Hedweld for their determination and skills. In particular, we wish to recognise our long termers who have been with Hedweld for over 25 years; Steve Kattau, Al Louis and Paul Cowen (Mackay branch).



MY MINING LIFE

CONNIE LEWIS

Who are you and what do you do?

Connie Lewis, I work at Thiess Mt Owen as an operator.

When did you start in the mining industry and what was your first job?

I started mining 15 years ago at Whaleback mine in Newman WA.

How different is your job now to what you wanted to be when you were a kid?

I wanted to be an interior designer but realised I would have to live in the city and I'm too much of a country girl for the fact paced life.

What's a usual day at work entail?

In essence, moving dirt! But it's so much more. For example, Thiess has recently given me the opportunity to take on a mentor role, which has helped me to meet new people in the industry, share my knowledge, and provide guidance and support.

What's the best thing about your job?

The sense of camaraderie and being able to share a laugh with workmates.

What's the biggest challenge you've had to overcome?

As most parents in the mining industry would understand working long hours is a struggle. I used to have au-pairs to look after my young children but since Covid that's been impossible. So as a single mother it's definitely been a struggle.

What has been your proudest achievement?

Knowing each day that I've worked hard and provided my children with the best upbringing possible; and teaching them that it doesn't matter if you're male or female you can do anything in life if you set your mind to it.

What's something about your job that would surprise people to know?

Our job starts on top of the ground and finishes on top of the ground. This means that we start by removing the topsoil, which is stockpiled for rehabilitation. We are currently mining down 145 metres below sea level to the Lower Hebden seam. Over time, the seam dips and we'll be mining at a depth of 260 metres

below sea level. As the mine advances the rehabilitation follows with an average of 20 hectares completed each year. The land is returned to forest and open woodland suitable for grazing. Job completed and well done!

What's a funny story about work that you can tell?

Not in mining, but when I was a vet nurse I sent my twin sister in to work the day for me and the vet didn't even realise it wasn't me.

What do you do in your down time?

I love spending precious time with my kids and exploring the beautiful Hunter region. I also like to unwind with friends at Club Singleton with a few drinks and lots of laughs (or vice versa).

The mining industry gets more than its fair share of criticism. What is your view of our industry, and the impact it has?

The industry provides secure employment and provides funding for the local community. We are mining some of the best quality coal in the world, and until such time as a sensible transition can be made, I'm proud to work in the industry.

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THEY WHO SHARE THEIR STORIES...

A call to action on DIVERSITY & INCLUSION

EARLIER THIS YEAR AT THE INTERNATIONAL WOMEN'S DAY #CHOOSETOCHALLENGE LUNCHEON, THE BLOOMFIELD GROUP'S RENATA ROBERTS WAS GIVEN THE OPPORTUNITY TO SHARE HER PERSONAL STORY AND JOURNEY. AFTER BEING CONTACTED BY MULTIPLE PEOPLE FOLLOWING HER SPEECH, SHE WAS INSPIRED TO DEVELOP A PLATFORM FOR OTHER PEOPLE TO SHARE THEIR STORIES.

Renata's story had a message, and that message included a call to action for change. A call for everyone in every organisation no matter what their position, to step up and create an inclusive workplace that allows everyone to bring their authentic self to work.

Sharing her personal story to a crowd of many unfamiliar faces, Renata couldn't foresee the impact it would have on men and women everywhere wanting to share their own journeys.

"It seems that my speech did reach the hearts and minds of many people because since that moment I have had so many stories shared with me. Stories that I believe need to be heard by others," said Renata.

"I SAID IT IN MY SPEECH AND I SAY IT ON MY WEBSITE, THAT EVERY STORY WE SHARE CAN PROVIDE FUEL AND INSPIRATION TO HELP OTHERS TO TAKE THEIR OWN JOURNEY TOWARDS NOT JUST WORKPLACE DIVERSITY, BUT IMPORTANTLY INCLUSION AS WELL."

One weekend at the end of March 2021, Renata sat down with her husband Neil to reflect on the response her story had received and decided something needed to be done for those who aren't given such an opportunity to share their own journeys.

"Neil encouraged me to write them myself, so I started to write a couple of them and in the meantime, he was researching how to build a website. Before we knew it we had our website up running sharing a few of the stories and it's grown so fast from there," said Renata.

Renata tells how it was three responses to her own story that made her realise how important

it is that stories be shared because of the difference they can make to someone else. The first was a lady who asked Renata to have a photo with her 16-year-old daughter because the mother said that she wanted her daughter to remember the moment that highlighted she could do anything she put her heart and mind to.

The second was a gentleman who cried and thanked her for sharing her calls to action on behalf of his three daughters. Like all fathers he wants his daughters to have the world at their feet without barriers or roadblocks because of their gender. He also said he realised that as a leader in his business he now saw changes he could make to be more inclusive for the people in his team.

The last response was Renata's favourite. A lady who did not attend but heard about Renata's journey from a friend and how Renata had learnt that you can have both a family and a career and you don't have to choose one over the other. She wrote to Renata and said that she was anxious of telling her manager she was pregnant as she felt it would be not well received. She also shared how she wasn't enjoying her pregnancy with the concerns about the impact on her career. Hearing Renata's story of how you could have both a successful career and a successful family gave her confidence to tell her manager, who turned out to be very supportive.

"MY STORY HAD INSPIRED SOMEONE TO KNOW THEY CAN DO ANYTHING, SOMEONE TO MAKE A DIFFERENCE IN THEIR WORKPLACE IN HOW THEY LEAD, AND SOMEONE TO CHASE A DREAM," SAID RENATA.



The website, 'They Who Share Their Stories', was prepared to share real stories, written from the heart, with a message and call to action on diversity and inclusion in all workplaces.

"It initially commenced with it being around gender, but soon I had stories of mental health and gender, and sexual orientation too. It's all about how important it is that we have inclusive workplaces so everyone can bring their true self to work," said Renata.

"Diversity and inclusion is not a women's issue, it is a societal one that everyone needs to do their bit to make the change.

"Each of the stories are headed by 'she who shares...' or 'he who shares...' and you will see on the website there are already so many that have been shared by men."

Upon visiting the website, you'll see that each post contains pieces of real stories written from the heart and that have a message, and those messages include a call to action for

change. The story is brief and gives the key parts that help touch the mind and heart of the reader. The message is made up of facts and information that can help the reader to read between the lines. The call to action is what must be done and by who, so that no one gets away with reading it without knowing that they can help to make a difference.

On a final note Renata said, "Although I don't know who sends a message through the website, I have had people tell me that it was them and they have been so thankful to have read their message up there on the website being shared and that response has been overwhelming and inspiring me to keep the website going."

Anyone can submit their story completely confidentially through the website under "Contact". If anyone has a story, a message, a call to action, they can send this through the website and Renata will prepare the story, message, and call to action to be shared with others to help workplaces change.

WWW.THEYWHOSHARETHEIRSTORIES.COM



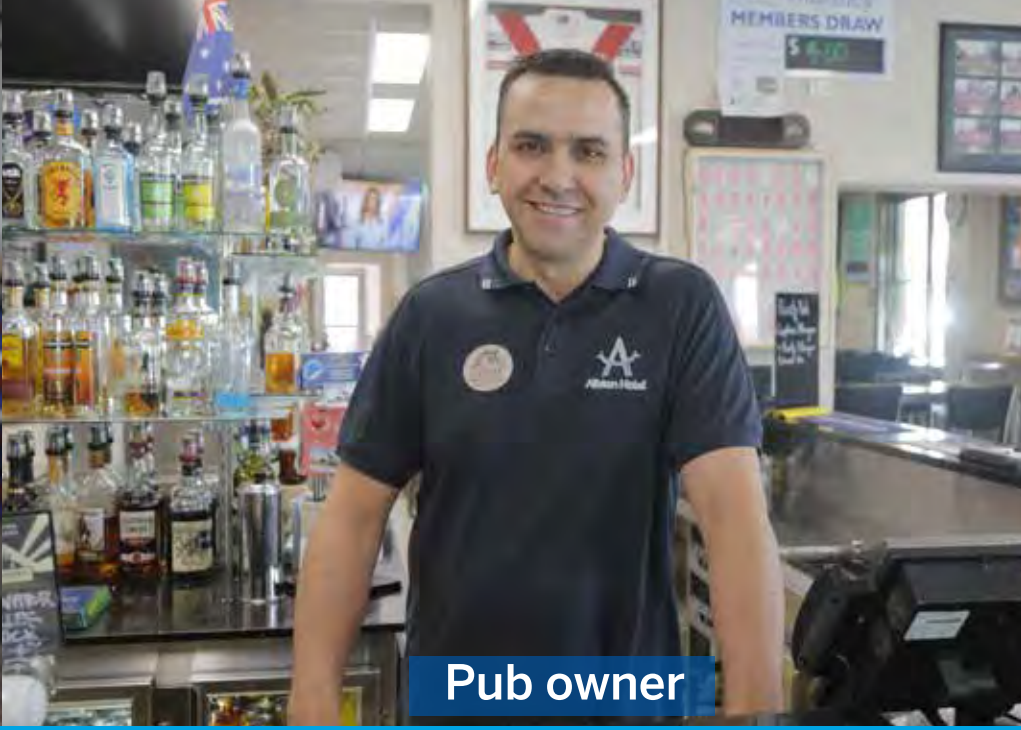
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CPR COMBATS CANCER

CPR PLANT REPAIRS & MAINTENANCE HAVE GONE ABOVE AND BEYOND IN LOOKING AFTER THEIR EMPLOYEES BY PROVIDING THE ENTIRE WORKFORCE WITH ONGOING BOWEL CANCER TESTING KITS.

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Bowel cancer is the third most diagnosed cancer in Australia and the second leading cause of cancer-related death, claiming the lives of over 5000 Australians each year. CPR Managing Director Alexander Cooper knows just how vital early detection is in saving lives and so he has begun supplying free bowel cancer testing kits to all their employees on an ongoing basis.

"Cancer in general is a very important issue for both myself and the CPR team, so we try to offer all the support we can to combat the disease and raise awareness. I personally, as well as others in our team, have seen firsthand the damage cancer is capable of and the physical and mental strain it can have on sufferers, families, friends and communities," said Alex.

CPR has long been involved in supporting and raising awareness for cancer. Alex said they are honoured to be the major sponsors of the MD Memorial Bears Rugby League Team, a team that is dedicated to raising money and awareness for bowel cancer.

"We are so privileged to be able to work with and support Josh Day and the team with the incredible work they do raising funds and awareness for a cancer that I feel sometimes gets overlooked. However, while it's great to sponsor and support others making real change, I felt it was time for CPR to put out own wheels in motion."

Alex shared how he came up with the idea to offer the free tests to their employees. "I was sitting at



home one night having a beer - generally when I have my best ideas," he adds with a grin. "I came across a Facebook post of yet another friend who has been affected by bowel cancer at a young age. So I decided that enough was enough and it was time to put my money where my mouth was and do something about it."

"I immediately jumped online and ordered the test kits one by one, as you cannot purchase more than one at a time. The next day I got a call from Bowel Cancer Australia thinking that there had been a mistake with the order, but when I explained that there was no mistake and told them my idea of a blanket test across all employees, I was very surprised and humbled to be told that CPR were the first business to have done that. I was very proud."

The reaction of the CPR employees has been very positive with the entire team jumping on board and supporting the idea. Alex explains how they all could see the

benefits of being involved.

"Simply put, the benefits can be life changing. Early prevention is the key to managing this disease with 99% of cases treatable with early detection. The idea that you have to be older to get this cancer is far from the truth, it can affect all ages.

"I believe putting steps in place like this and looking after our employees' health is crucial for the longevity of our business and vital in developing a good workplace culture where everyone's wellbeing is valued.

"I HOPE BY SHARING THE STORY OF WHAT WE ARE DOING IT WILL ENCOURAGE OTHER BUSINESSES TO ADOPT THIS MODEL AND REALLY DRIVE CHANGE. BOWEL CANCER IS SO PREVENTABLE, IT ONLY TAKES ONE PERSON TO STAND UP AND SAY I HAVE HAD ENOUGH, LET'S MAKE A CHANGE. SUCH A SMALL CONTRIBUTION CAN LITERALLY CHANGE SOMEONE'S LIFE FOREVER."



COMMUNITY GIFT

CAN ASSIST

THIS MONTH THE COMPLETE PARTS AND @ THE COALFACE \$500 COMMUNITY GIFT GOES TO CAN ASSIST MERRIWA, A NETWORK PROVIDING PRACTICAL AND FINANCIAL SUPPORT TO CANCER PATIENTS IN MERRIWA AND SURROUNDING TOWNSHIPS THROUGH TRAVEL, FOOD AND FUEL VOUCHERS, PHARMACEUTICALS AND UTILITIES PAYMENTS.

Established in 1955, Can Assist provides practical and financial support to people affected by cancer and living in country NSW.

Funded entirely by local donations and corporate sponsorships, Can Assist aims to ensure that all people, regardless of where they live in NSW, have access to cancer treatment and care.

By providing accommodation, financial assistance and practical support to people from rural and regional areas it ensures country people are given the same opportunities and treatment choices as those who live in city centres.

June marked Can Assist Merriwa's first anniversary after it was established by Marlene Rogers, a bowel cancer survivor. Marlene experienced first-hand the unique support of Can Assist when the Tamworth branch gave her assistance during her treatment. "Their support blew me away and when I was well again, I decided to open the branch in Merriwa," said Marlene.

CAN ASSIST MERRIWA NOW HAVE 21 VOLUNTEERS AND IS SUPPORTING 10 LOCAL CANCER PATIENTS. IT PROVIDES CONFIDENTIAL SUPPORT TO COVER EVERYDAY BILLS AND THE COSTS ASSOCIATED WITH CANCER, EVEN ASSISTANCE WITH HOUSEKEEPING AND GARDENING. "CANCER COSTS A LOT OF MONEY, ESPECIALLY WHEN YOU LIVE IN THE COUNTRY," ADDED MARLENE.

Merriwa cancer patients are also set to benefit from the recent, vital partnership between Can Assist and greenslips.com.au, assisting patients to pay for their CTP green slip insurance. "We have a lot of people in the area who travel for treatment and a lot of people want to travel in their own car, take their time, pull over if needed, or travel with family or friends for support," said Marlene. "To be able to offer payment for their greenslip is amazing and will make a huge difference to their mental health and wellbeing."

Branch President, David Martin added that not many people know about Can Assist Merriwa, so it's crucial to get the message out there that "the funds are here, and we're here to help".

"The hardest part is getting people to accept help," explains David.

"Let us help take the financial burden off you - and when you're well you can help us."

Can Assist Merriwa are also welcoming new volunteers. "The more people are aware of us, the better - it means we can help more people," said David.

"WE'D ALSO LOVE TO SEE CAN ASSIST BRANCHES OPEN IN OTHER LOCAL TOWNS, SUCH AS MUSWELLBROOK AND SINGLETON!"

The vital resources Can Assist provides to cancer patients in our local community can only continue with the help of the amazing volunteers and local donations. For information about donating or volunteering with Can Assist



CAN ASSIST MERRIWA VOLUNTEER OLIVIA GEAR AT A RECENT LOCAL FUNDRAISER.

Merriwa, contact 0431 939 093. For further information about how to support Can Assist, visit www.canassist.org.au

CAN ASSIST MERRIWA ARE HOLDING A FUNDRAISING EVENT ON SATURDAY 25 SEPTEMBER AT MERRIWA SPORTS CLUB, DOORS OPEN 5.30PM.

Acclaimed drag queen Glenda Jackson is coming to town to perform and it's just \$50 a head for a 2-course meal and the show, with plenty of glamour, comedy, fun and games. It's almost booked out, so contact Marlene on 6548 5191 or 0431 939 093 to book*.

*COVID situation dependent

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On Thursday July 29, 2021, Bengalla unveiled their latest investment into greater productivity, a new EX5600 Hulk® bucket. Built by Mainetec, the bucket has also been finished with a fitting cartoon image of Ken Andrews, or 'Gadget' as he's known on site, as a tribute to his 20 years of service with Bengalla.

A longtime member of the Bengalla family, Ken Andrews has worked in the mining industry for almost 52 years, commencing work at Bengalla in 2001 as an Operator Maintainer and then Maintenance Technician.

August 2012 saw Ken move into his current role as Offsite Repairs Officer overseeing and

A longtime member of the Bengalla family, Ken Andrews has worked in the mining industry for almost 52 years, commencing work at Bengalla in 2001 as an Operator Maintainer and then Maintenance Technician. August 2012 saw Ken move into his current role as Offsite Repairs Officer overseeing and

AGL'S MAINTENANCE TEAMS AT LIDDELL AND BAYSWATER HAVE SET THEMSELVES A CHALLENGE TO RAISE \$20,000 FOR CHARITIES THIS FINANCIAL YEAR. WITH THE FIRST MONTH ALREADY RAISING A WHOPPING \$5,000 THEY ARE SET TO BLOW THAT TARGET OUT OF THE WATER.

Every year the workforce of AGL's Bayswater and Liddell run fundraising drives to support a charitable organisation. This year they have set themselves an ambitious target to run an event every single month and in doing so attempt to raise more money and help more people than ever before.

As part of their social licence and values, AGL runs a great program where for every fundraising initiative held by their employees, they will match the money raised up to a total of \$1000.

AGL's Bayswater Maintenance Manager Jerry Murray said that this year they planned to take full advantage of this initiative by setting the impressive target of running a fundraising event every month.

"By running 12 charity drives throughout the year it gives us the opportunity to raise an additional \$12,000 through matched donations by our company. Whilst it means a much bigger commitment from the workforce, being able to maximise the company's financial commitment was too good an opportunity to waste," said Jerry.



ABOVE: FABRICATION WORKSHOP RAISING MONEY IN AUGUST FOR BEARS OF HOPE
LEFT: MAINTENANCE MANAGERS & SUPERINTENDENTS RAISING MONEY IN JULY FOR DEMENTIA AUSTRALIA

Jerry explained how this new goal would also enable them to raise money for 12 different charitable organisations rather than just a few.

“EACH MONTH A DIFFERENT AREA OR WORKSHOP WILL TAKE ON THE RESPONSIBILITY OF THAT’S MONTH’S FUNDRAISING AND CHOOSING A CHARITY. EACH CHARITY IS CHOSEN BECAUSE OF A PERSONAL REASON SUCH AS SOMEONE WHO HAS BEEN IMPACTED. IT’S NOT ONLY ABOUT RAISING FUNDS, BUT ALSO RAISING AWARENESS.”

For the month of July, the Maintenance Mangers and Superintendents chose Dementia Australia and raised over \$5000. For August, the selected charity is Bears of Hope and they have already raised over \$3000. Both charities hold significant meaning for members of the workforce.

Jerry said that the idea behind these drives is to not only support and engage with the wider community, but to also strengthen the bonds within the workforce. He added that giving is needed now more than ever as charities are severely impacted by COVID-19.

“Charity drives are about raising awareness and uniting us in a common cause. Each month we schedule all different types of fundraising events such as BBQ’s and raffles, each proudly headed up by a different area of the workforce.

“Everyone is going above and beyond. We have people donating amazing prizes and people happily spending large amounts of their time organising. What we are seeing is that it is bringing people together.”

Another fantastic initiative of AGL’s that strengthens the ties in their workforce and in the wider community is their volunteer days. Every single member of their workforce is encouraged to donate one day of their time volunteering in the community with AGL covering it as a paid workday. Jerry said they are aiming to hit 100% of workforce involvement this year.

“Last year one of the events we volunteered at was the Walk Against Violence in Cessnock. In previous years we’ve volunteered at Aussie Ark, OZ Harvest and participated in Clean Up Australia Day. We are excited to see where we can lend a helping hand this year.”

COOL CONTRIBUTION GLENCORE'S MT OWEN/GLENDELL OPERATION AND INTEGRA UNDERGROUND HAVE MADE A VERY COOL DONATION TO DARLINGTON RURAL FIRE BRIGADE.

During the March storms earlier this year, members of the Darlington Rural Fire Brigade arrived at the station to find their fridge at the station had stopped working. One of their members suggested they approach Glencore for assistance. They reached out to the Mt Owen/ Glendell Operation and when they heard about the broken fridge, they were only too happy to help out with funding. The fridge the brigade needed was a large commercial grade model and so Integra Underground also generously jumped on board to help fund the new purchase. The 1500L glass door fridge allows for easy access to supplies during emergencies and also allows the brigade the room to store large amounts of water and cool drinks. Cole Air, a local family business, made sure the new top of the line fridge arrived with a fast and smooth delivery. During the fire season the Darlington

Rural Fire Brigade can be crewing up to 3 trucks and the crews may be out for shifts of up to 12 hours or more. With anywhere up to 14 people on a shift, and with campaigns going on for weeks to months, they can go through a lot of drink supplies especially water and electrolyte replacement solution. The fridge allows incoming crew to have cool drinks ready for their shift and extras cooling ready for the next.

Alongside campaign fires, the Village 2 Brigade attends jobs including structure fires, motor vehicle accidents and fires, industrial incidents, storm damage, medical assistance and more, and they are on-call 24 hours a day, 365 days a year. They are also very involved in community engagement and fundraising.

The Brigade train weekly on Thursday evenings however unfortunately current COVID restrictions have reduced their face-to-face activities to emergency response only and all other activities have gone on-line.

DARLINGTON RURAL FIRE BRIGADE MEMBER JACOB CABAN SAID THAT ALTHOUGH THE CURRENT RESTRICTIONS MEANT THEY COULD NOT BE OUT IN THE COMMUNITY AS MUCH AS THEY WOULD LIKE

TO BE, THEY WERE STILL HERE TO SUPPORT THEIR COMMUNITY.

"We would like to let all of the Singleton Community know that are we are still here during the current restrictions, and we will continue to support the Singleton Community and surrounding areas as needed," said Jacob.

"On behalf of the whole brigade we can't thank both Mount Owen/ Glendell Operation and Integra Underground enough for their ongoing support to the Brigade and the Service, along with their support to the greater Singleton community - it surely doesn't go unnoticed.

"Mount Owen/Glendell Operation along with Integra Underground and all of us here at Darlington RFB would just like reiterate our continuing support to our family, friends and workmates, and the entire Singleton community through these challenging COVID times, and we are all looking forward to the time we can once again gather together in safety. Thank you again from the Darlington Rural Fire Brigade."

And on behalf of the Singleton community, we thank you Darlington Rural Fire Brigade. If anyone deserves a cool drink at the end of the shift it's you!



BLISSFUL BRIEFS

YOU'LL BE FEELING BLISSFUL WHEN YOU CHUCK ON A PAIR OF SAXX QUEST BOXER BRIEFS DESIGNED WITH A PURPOSE MADE POUCH THAT CRADLES YOUR PRECIOUS FAMILY JEWELS.

Fellas, this one's for you. SAXX's QUEST Boxer Briefs are innovatively designed to take care of your most important assets. Each pair provides total support and freedom of movement for any kind of activity and with a BallPark Pouch™ keeping everything in place you won't have to worry about ball to leg chafe. The slim fit caresses your butt and thighs so that you look good while you're feeling good and cut from a quick dry fabric, these bad boys are made for going places.

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CAPTURE EVERY MOMENT

RAIN-PROOF, DROP-PROOF AND DUST PROOF, THE VIKERI TRAIL CAMERA TAKES ON HARSH ENVIRONMENTS CAPTURING EVERY PICTURE PERFECT MOMENT.

From the seal to the probe lens, the extremely durable VIKERI Trail camera was made to take on any adventure. With ultra high resolution this camera delivers stunning, vibrant images and clear videos, even at night. You'll be able to watch the wildlife that scatter around your tent when you're camping and capture stunning images of your surroundings rain, hail or shine. And you won't miss a moment either with a fast trigger speed that detects movement and shoots lightning fast photos. It will record any animal movements you want with a wide-angle making hunting, wildlife observation, livestock surveillance, fauna surveys and any other creature capture a breeze. If bigfoot exists, he better watch out because this camera captures everything.

WWW.VIKERI.TECH

FIRESIDE OUTDOOR HAS RELEASED THE WORLD'S FIRST LIVE CAMPFIRE COVER, THE CAMPFIRE DEFENDER, AND IT'S A MUST HAVE FOR THE AVID CAMPER.

When you're camping rebuilding a fire night after night is not how you want to spend your time, especially after rain. Now you can keep your fire hot and dry up to 8 hours later with this 100% fireproof cover. Just like flicking a switch on a heater, the Campfire Defender allows just enough oxygen into your coals effectively turning your campfire to a 'low' setting. It can keep your fire burning through storms, while you're sleeping or when the wind picks up, and you can rest easy knowing years of engineering went into ensuring this brilliant cover is as safe and practical as possible. Don't let the weather take control of your campfire any longer.



NO MORE MOZZIES

MOSQUITOES ARE THE DREADED WORST ENEMY OF EVERY AUSSIE KNOWN TO MAN, BUT DREAD NO LONGER MY FRIENDS.

Thermacell have created a not-so-secret weapon to take on even the toughest of mosquitoes, the Thermacell THMR450 Armoured Portable Mosquito Repeller. Effectively repelling mosquitoes by creating a 21m² zone of protection (picture a giant invisible bubble around you and your loved ones), the small yet rugged device can be taken anywhere. It has a ZoneCheck feature that provides a visual indication when zone of protection is created so you know you're covered. Take it camping or use it for backyard BBQ's, it's scent free so it won't ruin your sausages sangas. You'll never have to smother yourself in smelly Aerogard again.

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SNUG AS A BUG

DESIGNED FOR COUPLES OR FAMILIES WITH KIDS TO STAY WARM AND COSY SIDE BY SIDE, THE OHUHU DOUBLE SLEEPING BAG COMFORTABLY FITS TWO HAPPY CAMPERS FOR CUDDLES WHILE YOU'RE CAMPING.

Camping with kids can be challenging to say the least. There are the kids that get scared sleeping alone in the dark, the kids who whinge about the cold and the kids who just want to jump in for a cuddle with mum or dad. The Ohuhu Double Sleeping Bag is the ideal solution. The kids can all jump in together to stay warm and safe, and if you're really smart, you'll grab another one for you and your partner for a perfect family camping trip...and it gets even better. If your partner won't stop farting because of the baked beans they had for dinner or one of the kids wants their own space, the sleeping bag is detachable to become two individual sleeping bags. There'll be happy campers all round.

WWW.OHUHU.COM



RINSE OFF

WWW.HUCKBERRY.COM

RINSEKIT HAS MADE HOSING DOWN DIRTY OR SANDY GEAR OR HAVING A SHOWER OUTDOORS A PIECE OF CAKE.

The RinseKit Hot Water Bundle is a full portable, high pressure hose system no bigger than your average esky. It's as easy as filling it with water and you're ready to rinse off your camp gear, hose off your shoes after a hard days yakka, or wash down your board after a surf. No pumps, no batteries and no moving parts makes for one handy little rinse kit. The removable lid has a ruler for fishing trips or makes for a platform when you're washing off your feet and the folding handle makes it easy to carry. Gone are the days of camping without having a shower or trying to rinse off your gear with a water bottle, the RinseKit Hot Water Bottle will do the job for you.

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PUT YOUR BEST FOOT FORWARD

DO YOUR FEET ACHE? DO YOUR SHOES GET STINKY? MAYBE THERE'S A STRANGE NEW GROWTH ON YOUR TOE? WHATEVER YOUR FOOT ISSUE IS, PODIATRISTS JAYDEN TWIGG AND KRISTEN STONE FROM HUNTER PODIATRY SERVICES IN SINGLETON HAVE SOME GREAT ADVICE ON HOW YOU CAN TAKE CARE OF YOUR FEET, OR WHEN IT MIGHT BE TIME TO CALL IN THE EXPERTS.



While the average person only walks between 3000-4000 steps a day, many people spend extensive time on their feet, especially in the mining industry. For example, shotfirers can walk between 20,000 and 32,000 steps a day (up to 26km) trekking up and down hills and on unstable surfaces. Foot injuries account for 20% of all workplace injuries, yet few workplaces have dedicated practices in place for foot health and wellbeing.

Podiatry is an area of specialised health care concerned with the diagnosis, treatment, prevention and management of conditions and injuries to the foot, ankle and lower limb. We manage a wide range of skin and nail conditions, sports injuries, workplace injuries, post surgical rehab, kids and much more.

We've put together some questions to help you assess what the underlying issue might be and some tips to help you at home. The important thing is to not ignore your symptoms and to seek help before your condition worsens.

SHODDY SHOES

Take off your shoes and hold the shoe in both hands. Push on the heel, does it collapse in? Twist the mid-

foot, does it bend side to side? Is the shoe slip on, or does it have elastic sides?

An ideal shoe has a firm heel, a small amount of twisting in the middle and has laces to lock the shoe to the foot. Two common shoes we recommend to miners are 'Ascent Alphas' and 'Wideload' work boots. Take out your innersole, is it soft or firm? Does it have an arch to support your foot? Where are the wear patterns?

Wear patterns indicate where you overload your foot and they should be even across the innersole. Tired, achy feet need arch support to comfort the foot and disperse your load evenly. We custom make orthotics specific to your foot type to reduce pain and improve mobility.

STINKY SOCKS

Take off your socks, what materials are they made out of? Are they wet? Do they smell?

Miners walking multiple kilometres a day are prone to sweaty feet. We recommended bamboo and woollen socks as they are highly durable, lightweight, absorbent and they reduce the risk of friction and fungal infections. Blister proof socks could also be beneficial.

FESTY FEET

Have a look at your feet. Are there any cracks or cuts? Are the nails hard, thick or fungal? Do you have tinea? Is the skin dry or hard? Are the toes deformed or different shapes? Poke around the legs, feet and ankles, is there any pain? Are your feet hot or cold? Can you feel your feet?

Lots of patients get severe heel pain when they take their first step out of bed in the morning, or after periods of rest such as watching TV. A great way to reduce this pain first thing in the morning is to grab a towel, wrap it around the ball of your foot and pull tightly towards your body for 30-seconds, three times on each foot before getting up in the morning.

BAD BALANCE

Stand on your feet and balance on one foot. How long can you stand like this? Shut your eyes, is this harder?

If you cannot balance for more than 30 seconds with your eyes open and 10 seconds with them shut you may have ankle instability and are at greater risk of having a fall.

Squat as low as you can go, push your elbows into your knees and hold this position, how long can you hold this position for? Is there pain, where is the pain?

You should be able hold this for more than 1 minute, pain free, pain can indicate tight hip flexors and gluteus muscles.

Stand on one leg whilst holding onto a bench, raise up onto your big toe and then lower back down onto your heel, how many single leg calf raises can you do? Is there pain? Is there tightness? Is this hard?

You should be able to perform more than 25 single leg raises on each leg with no pain. Weak calves can lead to heel and Achilles pain, they are important in keeping us balanced and provide power for running and jumping.



WORKING WIRELESSLY

THE TEAM AT LIVETOOLS ARE PUSHING FOR BETTER OPERATOR SAFETY WITH THEIR BLUEDIAL AND BLUEPSI WIRELESS MEASUREMENT SOFTWARE, ALLOWING MEASUREMENTS TO BE TAKEN WIRELESSLY AND TAKING THE OPERATOR OUT OF THE LINE OF FIRE.

Initially purchased from a company in the United States to solve a safety problem in the metal working industry, Livetools soon identified a profound need for their BlueDial and BluePSI devices in the mining sector. Miners in particular working on

a 24 hour rotation on multiple machines at a time are those at the greatest risk of injury during testing in the line of fire.

A customer asked Arthur Alexiou, Director at Livetools, if there was a product to measure something from a distance so that they could get an accurate reading while the machine was operating without putting their operators at risk. After searching, Livetools found the solution.

The BlueDial is a digital wireless dual indicator which measures displacement. The BluePSI is a wireless pressure sensor used for the measurement of liquid or gas pressure, with the newer models also measuring temperature.

BlueDial and BluePSI integrate Bluetooth into high quality Digital Dial Indicators and Hydraulic Pressure Transducers respectively, allowing measurements to be taken wirelessly and the user to remotely view and record measurement readings on their smart devices and Windows PCs.

"BlueDial and BluePSI allow users to get the data they need from a safe distance; allowing them to run their machines without risk of hydraulic injection or being crushed by heavy machinery," said Arthur.

"The whole premise behind the product is you can do a measurement of something at a distance and out of the line of fire.

"Take hydraulic injection for example, you have the potential to kill somebody if you're at the machine and something fails.

"YOU CAN PUT THIS DEVICE ON THE MACHINE AND WALK AWAY FROM ANY DANGER AND TEST A PIECE OF EQUIPMENT WHILE IT'S LIVE AND FOLLOWING THE CORRECT DEVICE PROCEDURE, YOU'RE ELIMINATING 100% OF THE RISK TO THE OPERATOR."

We've all seen it happen over the years, either an operator gets stuck under a machine, injured or in serious circumstances killed. This product makes sure our miners are going home each day safely to their families.

Whilst being an extremely important tool in the mining industry, the BlueDial and BluePSI have also been applied in metalworking, power stations, rail, agriculture and in renewable wind turbines.

"The point of difference between our product and other similar products on the market is our software; the software on our platform is thought through and tailored to each industry," said Arthur.

"It's intuitive; an operator can read and record measurements on the software, they can stream on iCloud, name the device or input data to create and personalise their dashboard on up to 14 devices. Diego Vera, Livetools Internal Sales Engineer added, "We customise the kits ourselves according to the customers' requirement."

"You can also test different points simultaneously giving you more information about potential danger as well, such as machine wear. "It might even alert the user of a

problem before it becomes a risk to the operator, for example, the Go / No Go Judgement feature will show the user if the machine is operating within the determined parameters."

Whilst improving safety and risk mitigation are the main functions of these devices, it also in turn increases productivity and reduces costs, requiring only one operator to test the machine.

"Put simply people need this product, and we need to educate people on this product," Arthur concluded.

Any device that better improves safety in the mining industry, we can certainly get behind.

HANDYMAN'S HEAVEN

Check out the latest tools, pick up those bits and pieces for your latest DIY project, or just grab a coffee after dumping the kids in the play area.

FOR YOUR CHANCE TO WIN A \$50 VOUCHER, SIMPLY SMS: BUNNINGS, YOUR NAME AND YOUR EMAIL ADDRESS TO 0438 474 290.

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MACHenergy Mount Pleasant Operation

ACDF - "Targeting issues, needs & opportunities of local Aboriginal communities"

MACH Energy Australia oversees commitments relating to the Aboriginal Community Development Fund (ACDF).

The Fund seeks to support partnerships that target issues, needs and opportunities which are priorities for local Aboriginal communities in areas such as health; economic development; cultural and community development and education in the Upper Hunter Valley, NSW.

For Applications or further information about the ACDF please visit: www.machenergy.com.au/acdf

I NEED A H3RO



HUBER+SUHNER AND AMPCONTROL HAVE COMBINED THEIR RESPECTIVE KNOWLEDGE TO FORM A SPEEDY, INNOVATIVE SOLUTION CALLED H3RO – A ROBUST TOOLKIT FOR FIBRE OPTIC NETWORKS DESIGNED FOR THE HARSH CONDITIONS IN UNDERGROUND MINES.

Rapidly installed and maintained, it enables mines to deploy and expand their networks conveniently and hassle-free. Moreover, it allows them to get back to normal quickly and efficiently when things go wrong. H3RO comprises a set of pre-terminated modular fibre optic cable assemblies and fibre optic breakout terminals (distribution units) which removes the need for specially trained engineers for installation. Its plug and play elements support standardisation across mines of all sizes and regions. This has allowed for reductions in cost, easier rollout, consolidation of spares and consistency for high-quality expansion within tough environmental conditions.

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SEPTENTRIO, A LEADER IN HIGH-PRECISION GNSS POSITIONING SOLUTIONS, ANNOUNCES THE LAUNCH OF THE ASTERX SB3 RECEIVER FAMILY ENCLOSED IN AN IP68 HOUSING.

Septentrio introduces the latest generation of ready-to-use, multi-frequency housed GPS/GNSS receivers for quick integration into machines and autonomous equipment requiring high accuracy positioning and heading, for the most demanding environments. Even in dual antenna mode AsterX SB3 uses triple frequency tracking to maximise robustness and availability of its heading angles. AsterX SB3 products are pin-to-pin compatible with Septentrio's AsterX SB ProDirect receiver and with the recently released AsterX SBi3 GNSS/INS system, making it simple to change receivers.

RELIABLE RECEIVERS



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ROCKIN' RIGS

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MINCON HAS RELEASED THE NEW ROCK DRILL SERIES OF POWERFUL, COMPACT, AND MODULAR DRILL MAST AND DRILLING RIG SYSTEMS.

Mincon's new Rock Drill mast attachments offer drillers cost effective and attainable entry into the drilling market by allowing them to add a Mincon drilling solution to their existing equipment, whether it's an excavator, skid steer, or any other compatible carrier machine. Mincon's standalone drilling rigs in the Rock Drill range are compact and versatile self-powered systems for customers who want to expand their fleet with dedicated drilling solutions that have a smaller footprint than conventional drill rigs.

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THE LATEST SUBMERSIBLE PUMP FOR LARGE PARTICLE HANDLING BY WEIR MINERALS HAS HIT THE MARKET.

Engineered for abrasive applications and large particle handling, the Multiflo® Mudflo™ pump features a hydraulically driven wet-end specifically designed to efficiently and safely reprocess and relocate tailings ponds, maintain water retention dams and manage slimes and sludge ponds. The innovative solution combines the Warman® MGS pump-end, Multiflo® CB32 hydraulic cutters and ESCO® excavation teeth to provide efficient pumping of highly charged and abrasive slurries.



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PROVEN TRACK RECORD



CHECK OUT BRADKEN'S NEW UNDERCARRIAGE SYSTEM - A DIRECT REPLACEMENT FOR THE LIEBHERR R996B UNDERCARRIAGE OFFERING.

Bradken has years of experience supplying the OEM undercarriage parts for Liebherr's R996B. During this time, we collaborated on the design to re-engineer the track and tumbler to create significant improvements in track performance, reducing downtime, and extending service life. We provide mining operations with a low risk option to reduce total cost of ownership. With tracks manufactured in our purpose built, state of the art facility, customers can now directly access our proven product range that supports customers working in the toughest environments on Earth. Bradken Shoes are subjected to UltraDeep™ Induction Hardening, increasing wear resistance and extending service life. Bradken Roller and Idler designs integrate maximised lubricant volume and reduced bush contact pressure for prolonging service life between rebuilds. Bradken Idlers and Rollers incorporate premium quality seals reducing the chances of leakage and unscheduled maintenance.

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SWISS AIR SAFETY

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Swiss Air features a ventilated half-mask made of fire-resistant material that covers the mouth and nose area completely. It also features a shoulder harness for ergonomically perfect weight distribution, an infinitely adjustable headband, and a Y-hose with an adjustable neck strap and flexible hose elements. With a TH3 filter unit, Swiss Air meets the highest requirements for professional respiratory protection systems – filtering out 99.8% of all harmful particles, aerosols, vapors, smoke, or even viruses.

WWW.SMENCO.COM.AU

MINEXPO: BACK TO THE FUTURE POST COVID-19

MINEXPO IS BACK FOR 2021 AFTER A COVID-19 INDUCED HIATUS IN 2020, AND DESPITE THE ONGOING EFFECTS OF THE PANDEMIC IN THE US, NOTHING WAS GOING TO STOP THIS YEAR'S EVENT FROM GOING AHEAD.

Given local and international travel restrictions over the last 18 months, it's with a little jealousy that I sit at home in front of my computer, dressed in trackies and uggs boots trying to summon up the inspiration to write about the latest event in the Vegas Expo calendar.

Sponsored by the National Mining Association (NMA) and with over 1100 exhibitors from 30 countries, the event takes place over 3 days in sunny Las Vegas and promises to be a banger. It's been five years since the last event and with this year's focus on autonomy and the environment, it's expected to be the biggest mining trade show in the world to-date.

If you're like me, and a trip to Vegas seems like a bit of an impossible dream right now, here's a sneak preview of the latest products that will be on display from industry heavyweights Sandvik, Liebherr and Komatsu.

Sandvik will be displaying its AutoMine® concept vehicle, the fully autonomous battery-electric vehicle (BEV), at the expo. Built for underground mining, the BEV features 3D environment sensing and perception. This technology enables the vehicle to perceive its surroundings and environment in 3D and react in real time, which allows it to adapt and plan its own route and to find the most suitable path even in continuously changing environments. Sandvik will also unveil its latest battery-electric underground truck, and launch the DS412iE, its first battery-powered rock bolter.

For those that can't make it to the event, Sandvik have created an Expo Microsite where you can stroll around a virtual booth with a 3D version of the Las Vegas exhibit. Then when you've had enough of eyeballing the machinery, you can have a crack at their simulation game – Service Hero. To check out Sandvik's virtual expo booth or challenge a mate at Service Hero, go to <https://rocktechnology.sandvik/minexpo>

LIKE SANDVIK, LIEBHERR HAS MADE ACCOMMODATIONS FOR THOSE WHO CAN'T ATTEND IN PERSON, WITH EXHIBITS, ANNOUNCEMENTS, AND SHOWCASES FROM THE EXPO DELIVERED VIA LIEBHERR'S WEBSITE AND SOCIAL MEDIA CHANNELS.

Along with a VR booth for visitors to interact with Liebherr's latest technologies, delegates will be treated to a 2,600m2 Liebherr wonderland

showcasing several major pieces of equipment including the R 9150 Generation 7 (G7) 143-ton excavator, eR 776 70t 77-ton mining dozer, the T 274 336-ton haul truck, and the LRT 1090-2.1 100-ton rough terrain crane from Liebherr Mobile Cranes.

With a big focus on excavators this year, Liebherr will introduce three new diggers at MINExpo with the R 9150 Gen 7, the R 9200 Gen 7, and the brand-new R 9600. All three excavators are equipped with Bucket Filling Assistant (BFA), Liebherr Power Efficiency (LPE), and assistance systems.

BFA is the first automation product in the Liebherr hydraulic excavator portfolio and allows the operator to complete the bucket filling process automatically. LPE is an engine and hydraulic management system which reduces fuel consumption by up to 20 per cent, while the new assistance systems are advanced on-board applications designed to support the operator to become more efficient through analytics and actionable feedback.

AND FINALLY, JOINING THE FRAY IS KOMATSU WHO HAVE WHOLEHEARTEDLY ADOPTED THE "AUTONOMY AND ENVIRONMENT" EXPO THEME, THIS YEAR REVEALING ITS FUTURE VISION FOR POWER AGNOSTIC DUMP TRUCKS AND AUTONOMOUS HAULAGE RETROFITS FOR EXISTING EQUIPMENT. ON DISPLAY WILL BE HAULAGE CONCEPTS DESIGNED TO PRIORITISE EMISSION REDUCTION AND AUTONOMOUS HAULAGE SOLUTIONS.

The OEM will also preview future capabilities for remote operation of equipment, featuring hydraulic excavators and autonomous haulage. Other sustainable mining initiatives on display include the ZR122 surface blasthole drill with automated features and the WE1850 Gen 3 surface wheel loader with proven SR (switched reluctance) hybrid drive technology. The rebadged Letourneau L1850 is also rumoured to be nudging out the mechanical WA1200 as Komatsu phase out production of this machine in the wake of the Joy Global buy-out.

Also on display will be its battery hauler for underground mining powered by lithium-ion battery technology, as well as its battery-tram powered ZJ32Bi jumbo drill for underground hard rock mining. You may recall recent articles referencing



IMAGE SOURCE: MINEXPO INTERNATIONAL

LIKE TO KNOW MORE? CHECK OUT WWW.MINEXPO.COM

Komatsu's partnership with Proterra to develop all-electric construction equipment with a focus on lithium-ion batteries.

At the last expo in 2016, Komatsu stole the show unveiling its "Innovative Autonomous Haulage Vehicle", so it will be interesting to see how each of the OEMs stack up in what is a high-stakes game (no Vegas pun intended) of one-upmanship.

With over 660,000 square feet of exhibitor displays, it's anyone's guess as to what will be the big winner of 2021, and this handful

of products is a mere drop in the ocean. So given most of us will be observing from a socially safe distance of 12,000kms, it's a pretty decent incentive to start saving the pennies toward a little "Vegas vacation" for the next MINExpo in 2025.

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GO GOANNAS!

THE CESSNOCK GOANNAS HAVE BEEN FIERCE COMPETITORS IN THE DENTON ENGINEERING CUP 2021 SEASON SITTING IN 2ND PLACE HEADING INTO THE LAST ROUND, UNTIL COVID PUT THE SEASON ON HOLD.

Kicking off the season with 4 wins leading into round 5, the Cessnock Goannas started the season strong under the leadership of first grade head coach Todd Edwards and assistant coach Matt Ambrum. Both miners in the Hunter Valley,

they know teamwork is what makes the dream work. Todd currently works as a Service Operator at Wambo Underground with 35 years in the industry under his belt and Matt as an Electrician at Austar.

"This is my 8th season as first grade coach and I also did a 2 year stint as reserve grade coach for the Cessnock Goannas," said Todd.

"I played for them from the late 80's into the mid 90's and unfortunately after a few head injuries I had to give that away, but I'm stoked to now be coaching a solid team."

Todd said there's many similarities between the mining industry and rugby league. "Working with all different personalities is similar



CAPTAIN REED HUGO, LEFT WITH HEAD COACH TODD EDWARDS, RIGHT HOLDING THE TROPHY FROM 2020 GRAND FINAL

both in the mining industry and on the field, you have different personalities all over," said Todd. "It's a similar type scenario with footy - you have 20 different personalities, some blokes you've got to cuddle, some blokes you have to challenge," Todd laughed.

"Teamwork is another massive similarity between the two, especially with underground blokes.

"UNDERGROUND MINERS ARE A TIGHTKNIT GROUP, WE'RE AN OPEN BOOK BECAUSE YOU HAVE EACH OTHER'S LIVES IN EACH OTHER HANDS AND IT'S SIMILAR ON THE FIELD WORKING TOGETHER TO AVOID INJURY AND TAKE OUT THE WIN."



After a couple off losses in rounds 5 and 6, the Goannas got their form back with 4 straight wins before 2 more losses in rounds 11 and 12. Covid restrictions saw Covid Draws in rounds 13 and 14, but the team came back charging with 2 more wins before Covid again hit back causing 2 draws before the final round. "We haven't played footy for over 4 weeks," said Todd.

"We can't play, we can't train, we can't even meet up for a chat, at the moment it's all up in the air.

"We just have our fingers crossed we can take to the field again soon, but with cases right through the Hunter it's not looking good for the last round."

We hope to see you on the field again soon too fellas and congratulations on a solid season so far.

KEEP ON FISHING!



MUFF, BENGALLA'S BEST FISHERMAN TELLS US HE CAN'T WAIT TO GET BACK INTO IT. NOT ONLY TO MAINTAIN THE TITLE WITH SOME PRETTY STIFF COMPETITION UP THAT WAY BUT ALSO TO MAINTAIN THE BEARD. HE TELLS US THERE'S NOTHING BETTER THAN A FRESH LAYER OF SALT TO SPEED UP GROWTH, KEEP IT GLOSSY AND FULL BODIED - NOTHING OFF THE SHELF COMPARES.

WHETHER YOUR LUCKY ENOUGH TO STILL HAVE ACCESS TO A SECTION OF COAST, OR PERHAPS ONLY A LOCAL DAM OR CREEK, YOU CAN STILL SPEND SOME TIME OUTDOORS AWAY FROM THE CRAZINESS AND CLEAR YOUR MIND WHILE YOU PATIENTLY WAIT FOR A BITE.

Luckily fishing is still allowed during the latest lockdown as it is classified as exercise, however you can only fish in your LGA, and fishing offshore must be withing 5kms of your home. However, as rules are constantly changing make sure you check the restrictions that apply to your local area before you head out. **OFFSHORE**

Well we sure did get that Yellowfin Tuna run! For those that ventured out they were presented with some epic Tuna fishing with being caught averaging around 40kg. Who knows if we will see another chance this year - time will tell.

On the inshore reefs Snapper have been in good numbers although due to the water being very clear lately, it's paid to fish at first or last light with soft plastics around the shallows or anchoring on a reef edge and fishing floating baits down a burley trail.

Pearl Perch are another option if you're lucky enough to have access with the limited current this time of year. It's definitely a great time to have a drop for a few Perch and even a few Snapper and Trag from the deeper water.

CREEKS, DAMS AND RIVERS

With all Dams out of action at the moment, or well out of range for most, we still have plenty of options for those currently land locked.

Bass season has opened up and a bit of warm weather will have them on the hunt in the creeks and rivers around the Hunter.

On the other side of the range, we should see a few Yellow Belly moving around the rivers, be mindful September is the start of the Cod closed season in the natural waterways.

With the restrictions in place if all

else fails and you're limited for choice, a good old Carp bash or even a bit of Yabbying could be all you need to settle the nerves while we wait it out.

LAKE AND ESTUARIES

Spring is one of the best times to be around the lakes and estuaries as we have both the weather and water beginning to warm up making it the start of the annual Prawn and Crab Seasons.

On the fishing front throughout September, we will have all species of fish on the chew. Flathead and Whiting will start to move into the shallows, Bream will be hungry holding tight to structure and Blackfish will still be holding around the local breakwalls.

Keep floatin' - Thrifty's



LET'S GO FISHING!

IT'S TIME TO PATCH UP THE DINGHY, GET OUT YOUR RODS AND HEAD TO THE WATER AND SEE WHAT'S LURKING BELOW THE SURFACE.

And to make your chances of catching a big one all the better we've got a \$50 BCF gift vouchers up for grabs.

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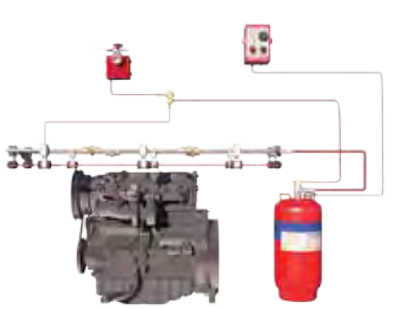
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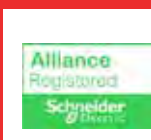
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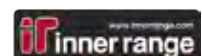
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LET’S GO LOCAL

WE WON’T BE GOING INTERSTATE FOR AWHILE, SO ONCE WE GET OUT OF LOCKDOWN WHY NOT EXPERIENCE THE LOCAL ATTRACTIONS, LOCATIONS AND CUISINES RIGHT HERE IN NSW – STARTING WITH TEA GARDENS!



Stay!

THE BOATHOUSE RESORT, TEA GARDENS

We’ve camped across the Myall River at Hawks Nest and have shown you the beauty of the area from our campsite in previous months. Now we’ve stepped it up a notch, visiting the adjacent town of Tea Gardens to experience the luxuries of the resort lifestyle at the stunning Boathouse Resort.

The Boathouse Resort is situated on the waterfront of the Myall River in Tea Gardens, with peaceful views over their glorious, fully heated 25 metre pool leading to the riverside that take your breath away.

THE DOORS OF OUR 2 BEDROOM, 4 STAR APARTMENT OPENED UP TO A SPACIOUS, LIGHT FILLED SETTING WITH GRAND, HIGH CEILINGS AND FLOOR TO CEILING WINDOWS THAT LEAD YOU TO YOUR BALCONY AND PICTURESQUE VIEWS. LUXURIOUS AND MODERN, MY PARTNER SHAUN AND I WERE STOKED TO CALL IT OUR TOUCH OF PARADISE FOR THE WEEKEND.

Our ensuite had a large spa bath where we enjoyed a few glasses of bubbles each night and the entire apartment was self-contained. We stocked up the fridge with beverages and snacks, and even put a load of washing on in the conveniently provided washing machine and dryer so that we came home with a suitcase of clean clothes. The combination of luxury and convenience had us wanting to move in permanently.

Activities were also in abundance; from having drinks on the balcony as the sun set, to cooking up a storm in the self-contained kitchen and enjoying a swim in the huge, heated pool. Cafes, restaurants, pubs and water activities are all in walking distance and we were lucky enough to meet the owners of the Boathouse Resort who gave us a grand tour of the great cuisines and activities in the area.

We arrived on a beautiful Saturday morning and after checking in walked across and up the river to enjoy a Whale Watching Cruise with Moonshadow - TQC Cruises, an experience I’ll share with you shortly.

Afterwards we made our way back to the hotel, relaxed and had a drink or 2 before heading to Mumm’s on the Myall, a seafood lovers heaven. Their fresh seafood and award winning cuisine had our mouths watering. My recommendation is the Mumm’s Seafood Platter for 1 or for 2 if you’re sharing, although my platter for 1 could have well and truly fed 2 people with fresh prawns, natural oysters, grilled giant skull island prawn, grilled fish, salt and pepper squid, calamari rings, coconut prawns, tomato, chilli and saffron steamed mussels, seasonal fruits and chips.

The next stop? Of course, it was the local pub.



The Tea Gardens Hotel had great Saturday night entertainment with live music, a flat screen TV to watch the Olympics and a cool vibe. We slept very well that night to say the least.

Sunday saw more beautiful weather as we woke up early to pump some yabbies and went for a fish on Jimmy’s Beach. We came up short with catching fish but relaxing on the beach in between casts was an absolute treat.

Topping off our weekend we went back to the pub for a feed and being a Sunday night, we couldn’t go past the Sunday roast special and a couple of espresso martinis to top it off.

Heading back to the Resort that night we felt relaxed, rejuvenated and were sad to see the weekend come to an end but excited that we had found our new favourite getaway at the Boathouse Resort.

Play!

MOONSHADOW – TQC CRUISES

Among the many activities we experienced during our stay at the Boathouse Resort, we were elated to go on our first ever Whale Watching Cruise with Moonshadow - TQC Cruises – an experience that we will never forget.

Setting off from the wharf in Tea Gardens, we began our 3 hour whale watching experience on the MV Spirit. The boat itself features walk around decks, a licensed bar and snacks and hot food for purchase. There’s nothing like relaxing on a boat with a champagne and snacks in hand as you make your way out to open water.

As we made our way to the outer islands and what they call ‘the whale highway’ we enjoyed magnificent 360 degree views that showcase the beauty of our coastline.

Whale watching season is traditionally from mid May to early November in Port Stephens and we had our fingers crossed we were going to see some action. Lucky for us, we didn’t wait for long.

A pod of whales swam mere metres from out boat, despite their enormous size diving gracefully through the water before disappearing down into the dark depths of the ocean. Each time we waited in breathless anticipation

only to have them breaking the surface again a few minutes later.

SHAUN AND I WERE IN ABSOLUTE AWE. AROUND 30,000 OF THE WORLD’S HUMPBAC WHALE POPULATION PASS THE PORT STEPHENS COASTLINE ON THEIR 12,000KM MIGRATION EVERY YEAR, AND WE WERE LUCKY ENOUGH TO SPOT SOME OF THESE BEAUTIFUL CREATURES ON THEIR JOURNEY.

Then we experienced something that blew our socks off. A whale breached right in front of our boat. This is when the whale leaps out of the water with its giant fins outstretched crashing back down into the ocean. We have never seen anything like it.

To see something that size launch itself upwards out of the water in such an incredible display is like something out of a movie. Humpback whales can weigh up to 50 tonnes and despite their immense size they are able to raise themselves high above the water when they breach.

Humpback whales are the most likely whale you will come across when you’re on one of the Moonshadow – TQC Whale Watch Cruises, but you may also see Melon Headed, Brydes, Southern Right, Pilot, False Killer and Orca whales.

While we only encountered the

Humpback whales on our cruise, Shaun and I also spotted dolphins, dozens of seals lazing on rocks in the sun and an array of different fish, birds and stingrays.

One thing that we really enjoyed and commended the team on at Moonshadow – TQC Cruises was their appreciation and admiration for all sea life including the protected species of whale. Several rules must be adhered to when watching whales as they are a protected species, including not disturbing or harassing them, not approaching them closer than 100 metres or 300 metres for a calf and not touching or feeding them. Ensuring the whales and any other sea life they may encounter along the way are safe and undisturbed is their priority.

The captain provided informative commentary throughout with facts about whales, the sea life and the surrounding islands giving you a deeper understanding of the deep blue ocean and the creatures it houses. The entire cruise was extraordinary.

If you haven’t been on whale watching cruise before then what are you waiting for? I promise you’ll have a whale of a time!

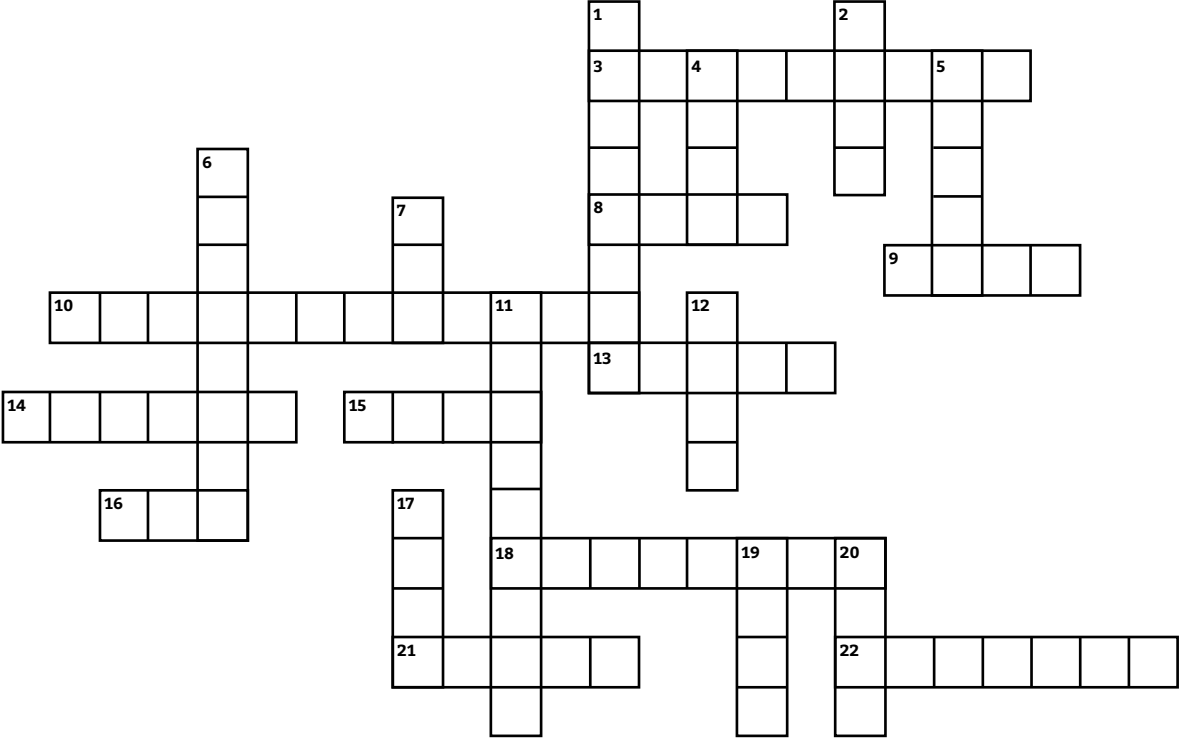


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ACROSS

- 3. Bird with largest wingspan (9)
- 8. Butterflies use this part of their body to taste (4)
- 9. A shrimp’s heart is located here (4)
- 10. Animal with most powerful bite (12)
- 13. Animal that can make 17 different facial expressions (5)
- 14. Animal whose poop can take the shape of cubes (6)
- 15. How many noses does a slug have (4)
- 16. In Rome this animal is protected under law (3)
- 18. Egg laying mammal (8)
- 21. This fish has no bones (5)
- 22. Scotland’s national animal (7)

DOWN

- 1. Known as the fastest fish in the ocean (8)
- 2. Animal that can survive being frozen (4)
- 4. The colour of Octopus blood (4)
- 5. Reptile that uses its tongue to smell (5)
- 6. Animal that is pregnant for 22 months (8)
- 7. There are over 12,000 species of this insect (3)
- 11. A Tasmanian Devil is what kind of animal (9)
- 12. Animal that can breathe through its skin (4)
- 17. A dog sweats through this part of its body (4)
- 19. Colour of hippopotamus sweat (4)
- 20. Term for a rabbit’s tail (4)

Animals

@ THE COALFACE

PRIZE WINNERS

Volume 5 – No 7: August 2021

CRIB BAG
Phil Dunn

ROBERTS MEATS RAFFLE
Chris Woods

BANLAW FUEL VOUCHER
Janelle Campbell

BUNNINGS GIFT VOUCHER
Mark Simon

ULTIMATE KIDS VOUCHER
Paull McLaughlin

BCF VOUCHER
K O’Keefe

CONGRATULATIONS
TO ALL OUR WINNERS!

STAYCATION
OR HOLISTAY
ANYONE?

LOCKDOWN AND COVID RESTRICTIONS MIGHT BE ABLE TO KEEP US IN OUR HOMES, BUT IT CAN’T STOP US FROM HAVING FUN. IT’S TIME TO LET OUR IMAGINATIONS RUN WILD.

With most of us stuck at home due to lockdown and Covid restrictions, it’s time to whip out our ideas book for the perfect staycation. What’s a staycation you ask?

A staycation is a vacation in your own home rather than travelling to other locations to get your fix of fun. People take staycations for a number of reasons, with number one at the moment obviously being Covid. Other reasons for staycations might include to save money, avoid bad weather or to simply relax in the comfort of your home without having to worry about other people around.

We decided to do the hard work for you and test some of our top ideas for a holistay you’ll never forget.



PAINT LIKE
PICASSO

Next on the list, we had a paint session. This might sound kind of lame, but we had an absolute ball. We’re by no means an artistic pair of adults but for our readers we’ll give anything a go. I dug out my

old paints and a couple of canvas’s, laid out a tarp on the living room floor and after deciding on an ‘ocean’ theme we got to work. After a couple of hours, loads of laughs and a paint fight that resulted in the once blue tarp now a sea of rainbow, we came out with these absolute masterpieces that I would compare to the likes of Pablo Picasso or Vincent van Gogh ...

SCREEN TIME

Movie nights are a must. Simple, enjoyable and easy we’ve had a few of these during lockdown. You’ve got the usuals like Netflix and Stan, or you can purchase or rent pre-released movies that have only just hit the cinemas, new TV Shows and documentaries on platforms like Telstra TV and Amazon Prime. Telstra TV is my personal favourite with new releases around the \$25-\$30 mark to purchase and earlier releases around just \$6 to rent for 24 hours. Turn off the lights, have your popcorn ready and drag the mattress out to the living room for the best experience. If you really



want that cinema feel you can get projectors for as cheap as \$100 online to project your movie onto the wall or even set up an outside cinema in the backyard.

For more ideas, why not try a boardgame night with classics like scrabble and monopoly; learn a new hobby like crocheting or yoga; or cocktail making. Take advantage of your time at home and let’s see those imaginations run wild.

CONVENIENT CAMPING

Traditionally camping includes travelling to a holiday park or camp spot, setting up camp and enjoying your surroundings. Well, I roped my partner into setting up camp in the backyard. I’m talking full tent set up with a comfy bed and loads of pillow inside, a campfire, fairy lights – the works. It was an amazing night to say the least. We had a few drinks by the fire with our two dogs enjoying the warmth next to us, talked for hours under the stars and cooked up a little BBQ on our backyard barbie, and instead of having to trek to the campground public toilets we were able use the bathroom in our very own home. I’m almost convinced we enjoyed the comforts of backyard camping more so than travelling and camping anywhere else.



COOK LIFE A CHEF

Adding new recipes to your repertoire is always a good idea and home meal kits make it easy so we had to give it a go. Home meal delivery companies like EveryPlate, HelloFresh and Dinnerly send you pre-prepped ingredients and

recipe cards with step-by-step instructions to make dinnertime a breeze with breakfast and lunch options too. We started with a one week trial of HelloFresh and so far we’ve cooked Mozzarella-Crusted Chicken, Ginger Beed Stir-Fry and Creamy Shrimp Tagliatelle. Sounds

fancy I know. Each meal was so easy to cook with everything I need in my HelloFresh box ready to go and they were all delicious. After name dropping a couple of the meals I’ve cooked from HelloFresh I’m sure even Gordan Ramsey would be impressed.

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